

## Toolkit 2

### Pre intervention

#### Learning Unit 9

#### Peer support - having a supportive context is crucial to enhance resilience

##### 1. Awareness of members competences in emergency

2. Do members know their role, skills and competences?  No

If you answered “No”, please create a map using the following support and discuss it with your members.



Exercise

#### Activity 3

##### 2. Filling the map with your competences

**Note:** As team leader, it is very important to facilitate the relationship inside the group. During an emergency intervention, it is helpful that all members know and feel the support of the team.

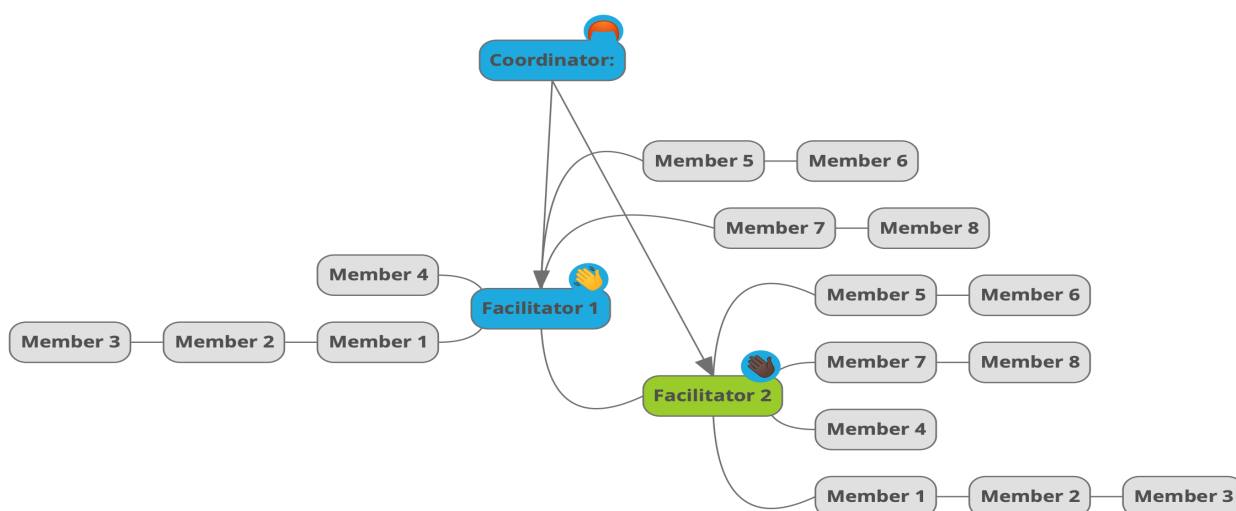
**Check with your team:** It is important that members become aware of roles, skills and competences of the other members. Please create some easy maps to make them clear.

## To be used:

App to create maps of roles, skills and competences:

1. Map: Mindmap - [https://app.mindmup.com/map/\\_free/2022/01/4819c75081b711ecac98c598ae4b9911](https://app.mindmup.com/map/_free/2022/01/4819c75081b711ecac98c598ae4b9911)
2. Chart and diagram - [https://www.nchsoftware.com/chart/index.html?kw=free%20download%20flowchart%20software&gclid=Cj0KCQiA15yNBhDTARIsAGnwe0V2YJ8bnQqIOkZfdmzj\\_QfBHxyqEvvoJmbEULDRyKb2xTigFOBqAEcaAiYCEALw\\_wcB](https://www.nchsoftware.com/chart/index.html?kw=free%20download%20flowchart%20software&gclid=Cj0KCQiA15yNBhDTARIsAGnwe0V2YJ8bnQqIOkZfdmzj_QfBHxyqEvvoJmbEULDRyKb2xTigFOBqAEcaAiYCEALw_wcB)
3. Microsoft Smart art in ppt

## Example of map:



## For each member describe:

- Name:
- Role:
- Skills:
- Competences:

## Note:

\* Role: position in the organigram and description of the tasks

\*Skills: abilities in the field of Early Psychological Intervention; cognitive and practical know how.

E.g.

- empathy
- active listening
- communicative abilities



Project Number: 2020-1-PL-KA202-082075- Strategic Partnerships for vocational education and training

- educational abilities
- genuine attitude in the helping relationship
- authority: provide a safe, trusting atmosphere

\* Competences: practical experiences on the field (responsibilities and behaviour required to perform tasks effectively).

**E.g. Base competences:**

- psychological first aid (PFA)
- triage
- scenarios analysis
- outreaching roaming

**Intermediate intervention competences:**

- psychological support
- psychosocial support

**Advance intervention:**

- CISM - Critical Incident Stress Management by Jeff Mitchell, 1978
- CISD - Critical Incident Stress Debriefing by Jeff Mitchell and George Everly, 1996
- Process Debriefings by Atlan Dyregrov, 1997
- Debriefing School Val-de-Grace
- Defusing
- EMDR standard protocol by Francin Shapiro, 1989
- EMDR R-TEP (Recent Traumatic Episod Protocol) by Elan Shapiro and Brurit Laub, 2008
- EMDR ERP (Emergency Response Procedure) by Gary Quinn, 2008

