

Toolkit 2

Pre intervention

Learning Unit 9

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

1. Preparing a written protocol

3. Do you have a written protocol? No

If you answered “No”, please write a protocol describing, step-by-step, all the process. You could also describe the process visually by using a flow chart or diagram.



Exercise

Activity 4

Note: As team leader, it is very important to care about the inner coherence of the intervention process and to its knowledge by the members.

Check: answer the following two questions?

- a. Do you verify the process of your early psychological intervention with your team?
.....
- b. Do you verify your team knowledge regarding early psychological intervention protocols?
.....

Written protocol of the early psychological intervention is a useful tool to answer the previous questions.

To be used:

App to update diagram/flowchart of roles, skills and competences:

1. Flow chart: Visual paradigm online -
<https://online.visual-paradigm.com/diagrams/solutions/free-flowchart-maker-online/>



2. Flow chart: Canva - <https://www.canva.com/graphs/flowcharts/>
3. Microsoft Smart art in ppt

Activity 4

Example of written protocol

Psychological Debriefing by Dyregrov, A. (1997)

Activity	Aim
<p>1. Introduction Introduce leaders, purpose and rules for the debriefing</p> <p>2. Fact phase Relate facts and review event</p> <p>3. Thought phase Relate thoughts and decisions</p> <p>4. Reaction/symptom phase Detailed review of sensory impressions Give words to sensory images. Relate emotional & somatic reactions to event. Confrontation & exposure in vitro. Discuss role-related problems & interagency conflicts. Activate team resources through group process sharing of responsibility normalization, sharing of coping strategies</p> <p>5. Teaching phase Provide verbal & written information Suggest coping strategies relaxation, self-talk ways to handle intrusive material (control techniques) write about event plan for in vivo exposure encourage group and family support</p> <p>6. End phase Focus on lessons learned. Information on follow-up resources</p>	<p>1. Establish climate, decrease anxiety. Build trust. Signal structure</p> <p>2. Create wholeness and common understanding. In vitro exposure</p> <p>3. Stimulate coherent understanding</p> <p>4. Prevent intrusive images. Reduce tension. Decrease emotional involvement & identification with situation. Gain perspective. Secure rapid normalization Prevent avoidant behavior Ventilation. Plans for clearer role definitions & interagency interaction Mobilize team unity and support. Prevent rumination and blame Enhance coping resources.</p> <p>5. More rapid normalization Provide frame of reference Decrease arousal & fear activated processes</p> <p>6. Secure future coping Give access to further help</p>

Source: Dyregrov, A. (1997). The process in psychological debriefings. Journal of traumatic stress, 10(4), 589-605.

Activity 4

Example of written flow chart Psychological Debriefing by Dyregrov, A. (1997)

