

Toolkit 2

Pre intervention

Learning Unit 9

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

4 - Preparing a psychological clinical record

4. Do you have a psychological clinical record?  **No**

If you answered “No”, please create a psychological clinical record following the present instructions.

Activity 6



Exercise

Note: In an early psychological intervention, psychological rescuers could change shifts after some days of intensive activities. This means they could follow victims for some days and that they have to pass their clinical deliveries to other colleagues.

Preparing a psychological clinical record

- 1) Personal data
- 2) Clinical history
- 3) Fast remote clinical history
- 4) Pre-tests, such as:
 - a. IES-R – Impact of Event Scale – Revised (Daniel S. Weiss & Charles R. Marmar, 1996)
 - b. PTGI – Post – Traumatic Growth Inventory (Calhoun L., Tedeschi R., 1996)
- 5) Modus operandi
- 6) Intervention
- 7) Closure
- 8) Follow up





Activity 6

Example of a psychological clinical record following EMDR early psychological intervention protocols

Note: Only for those trained in EMDR

First session

Psychotherapist's name:.....

Telephone:.....

Date:..... Place:.....

Patient's First Name and Surname:
.....

Patient's address:
.....

Safe place:
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EMDR Recent Events Protocol

Narrative of the traumatic event with BLS from the beginning to the present day

Google search and telescopic processing (EMD, EMDr, EMDR)

Target phase 3 (worst image, negative cognition, emotion, body):
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Activity 6

Example of a psychological clinical record following EMDR early psychological intervention protocols

Further sessions

Note: Only for those trained in EMDR

Psychotherapist's name:.....

Telephone:.....

Date:..... Place:.....

Patient's First Name and Surname:

.....

Patient's address:

Session number:

Reassessment:

What did you notice after the previous session (emotions, thoughts, dreams, behaviour, etc.)?

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If you return to the target addressed last session, what do you notice? How disturbing is it from 0 to 10?

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EMDR Recent Events Protocol

Google search and telescopic processing (EMD, EMDr, EMDR)

Target (worst image, negative cognition, emotion, body):

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