

## Toolkit 2

### Pre intervention

#### Learning Unit 9

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

#### 4 - Sharing a psychological clinical record

4. Do you have a psychological clinical record?  Yes

If you answered “Yes”, please discuss a psychological clinical record with the members of the team before the intervention.

#### Activity 7



Exercise

**Note:** In an early psychological intervention, psychological rescuers could change shift 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.

#### Sharing a psychological clinical record

Simulate a case of an early psychological intervention and fill in the psychological clinical record with your team.





### **Activity 7**

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

### **First session**

**Note: Only for those trained in EMDR**

Psychotherapist's name:..... Telephone:.....

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

Patient's First Name and Surname:

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Patient's address:

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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):





### Activity 7

## 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)





**Psychological  
Early  
Intervention**

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

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

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Co-funded by the  
Erasmus+ Programme  
of the European Union

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