



## Toolkit 2 Learning Unit 9

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

### Pre intervention

Developed by



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## L.U. 9 – Synopsis

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



1. Previous experiences as team member
  - Question: Did you work together before?
  - Activity 1: Self assessment. To be a team
  - Activity 2: Self assessment. To be a team



2. Awareness of members competences in emergency
  - Question: 2. Do members know their role, skills and competences?
  - Activity 3: Exercise: Filling the map: roles, skills, competences.



3. Presence and knowledge of early psychological intervention protocol
  - Question: Do you have a written protocol?
  - Activity 4: Exercise, Preparing a written protocol
  - Activity 5: Exercise, Sharing a written protocol



4. Presence and knowledge of early psychological clinical record
  - Question: Do you have a psychological clinical record?
  - Activity 6: Exercise, Preparing a psychological clinical record
  - Activity 7: Exercise, Sharing a psychological clinical record



5. Training in stress management.
  - Question: Did your team receive some training in stress management?
  - Activity 8.1 and 8.2: Recommendations: stress management: psychoeducational training
  - Activity 9: Stress management: implement some training



6. Briefing in the pre intervention phase
  - Question: Do you brief your group?
  - Activity 10.1 and 10.2: Train your members: provide briefing instruction
  - Activity 11: Train your members: organise a briefing

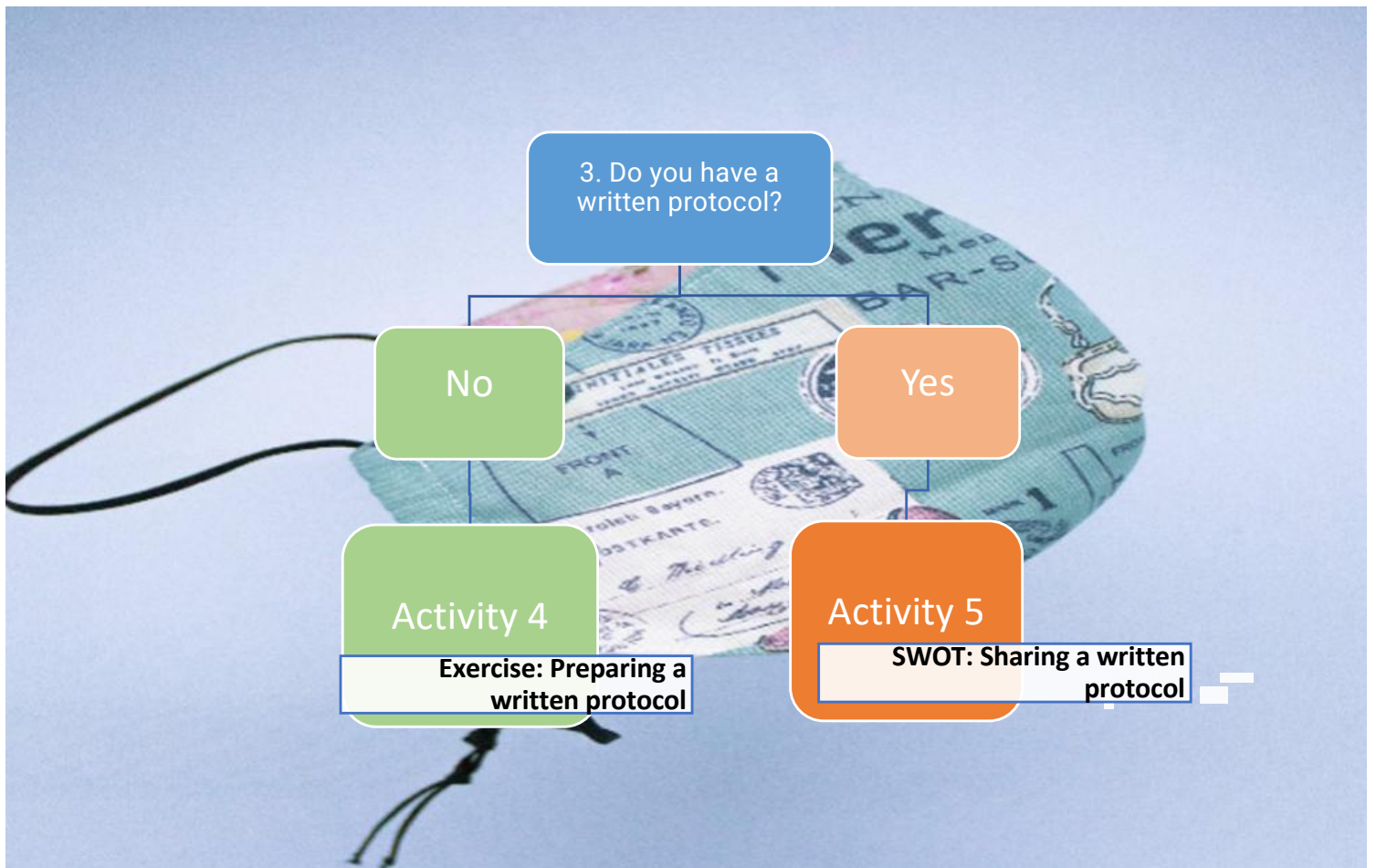
# 1 - Previous experiences as team members



## 2 - Awareness of members competences in emergency



## 3 - Presence and knowledge of early psychological intervention protocol



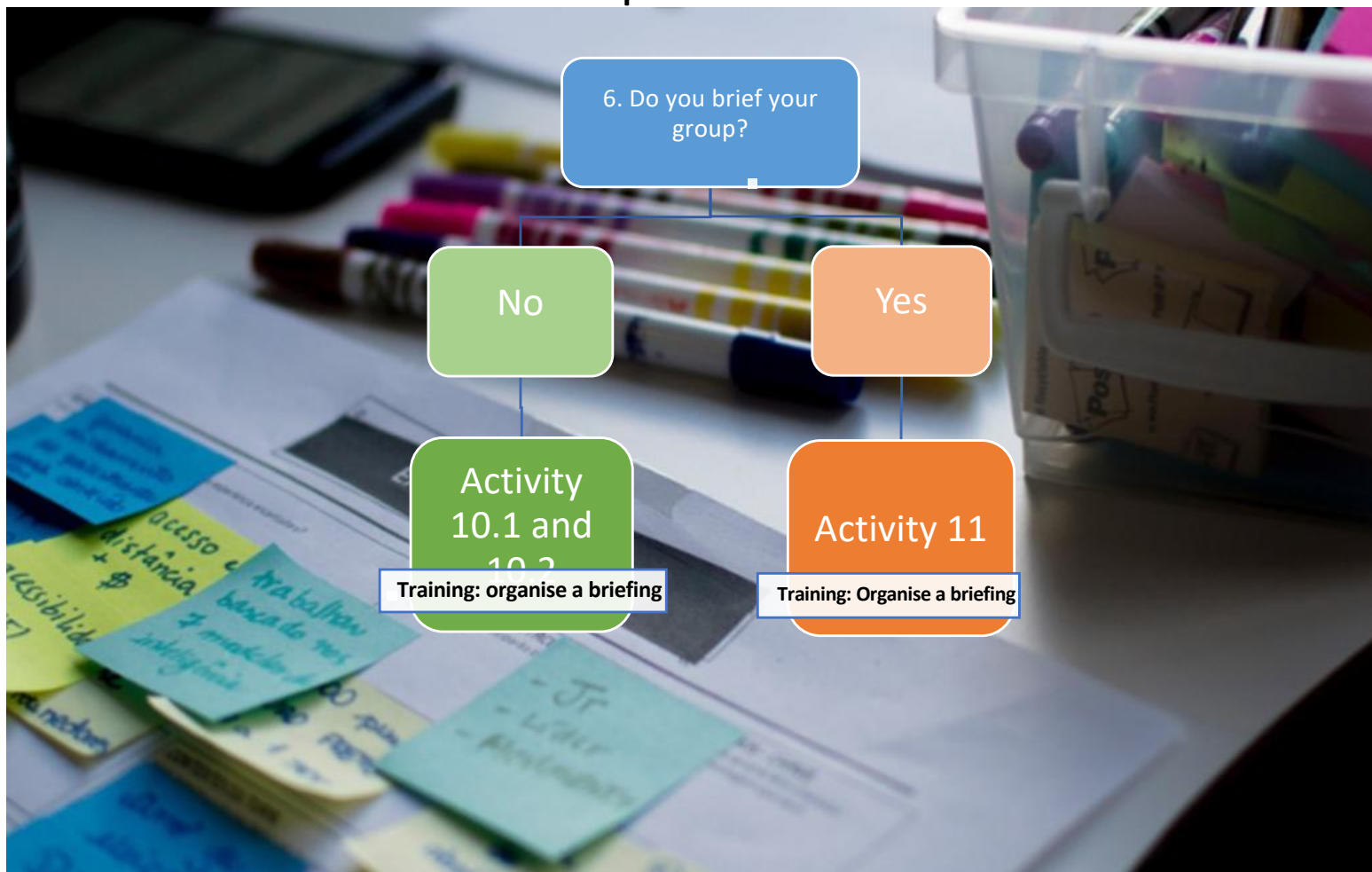
## 4 - Presence and knowledge of early psychological clinical record



## 5 - Training in stress management



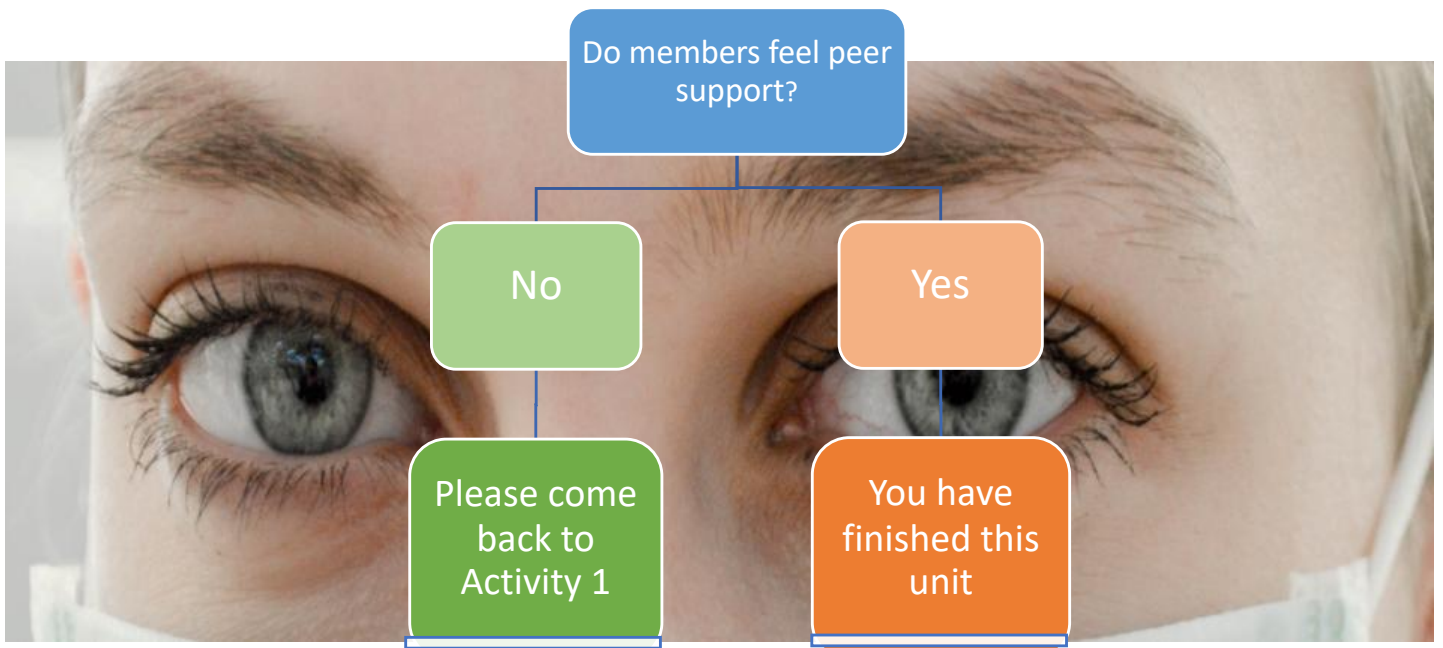
## 6 - Briefing in the pre intervention phase





# Check the overall content of L.U. 9

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





Thanks

*You have finished*

Keep going to  
another Unit

*if you need*