

Toolkit 2

Pre intervention

Learning Unit 10

Self-support. Asking for help, do not act alone

5 - Do not act alone

5. *Does your team know they are not acting alone?* **No**

- **If you answered “No”:** please read the following List of Recommendations:
Psycho-educational info

List of
recommendations

Activity 5

Note: The team is the first protective factor for rescuers mental health. Good relationships, collaboration, clear communication, definitions of roles and tasks have to be regularly trained and monitored, to help team members to refer to team members for collaboration during interventions and to eventually ask for support in the post phase.



Activity 5

Which Options for Support

- Forums for discussions about the work and its stresses
- A group with a focus on discussing and addressing vicarious traumatization
- Buddy system: identifying a colleague with whom you will discuss the work and its challenges
- Regular clinical consultation
- Personal psychotherapy
- Continuing education opportunities that address these topics
- Emotional release: opportunities to express strong feelings of grief, fear, anger, gratitude
- Realistic self expectations (APA, 2009).





GENERAL COMPONENTS OF THE RESPONSE

1

The response should promote a sense of safety, self and community efficacy/empowerment, connectedness, calm and hope

2

The human rights of individuals should be explicitly considered

3

Conditions for appropriate communal, cultural, spiritual, and religious healing practices should be facilitated

4

Responses should provide general support, access to social support, physical support and psychological support

5

Responses should involve and provide support to the family as well as the individual

6

Responses should provide educational services regardant reactions to trauma and how to manage them





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Source: American Psychological Association. (2009). Shared Trauma: Helping Clients Cope with National Events That Affect the Therapist. [apaservices.org](https://www.apaservices.org/practice/ce/self-care/shared). <https://www.apaservices.org/practice/ce/self-care/shared>



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