

Session 2
July 21, 2021



**We will begin on
time at 1pm CST**

Skills for Psychological Recovery ECHO

Part II:

Welcome!

- Your microphone has been **muted**. Please use the chat or unmute yourself to communicate.
- We appreciate you keeping your **camera** on.
- **Completion certificates** will be emailed after all sessions are complete.
 - ◆ Make sure your first and last name are visible.
 - Use the “rename” feature in the menu to change.

Presenters



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Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity.

- ▶ We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

After the session

- ▶ Please read the SPR Manual **Skill 4: Managing Reactions** prior to the next training

https://www.nctsn.org/sites/default/files/resources/special-resource/spr_complete_english.pdf

- ▶ Presentation materials: the slides and chat log will be emailed to you.

SPR Core Skills

1	Information Gathering & Prioritizing
2	Problem Solving
3	Positive Activities
4	Managing Reactions
5	Helpful Thinking
6	Rebuilding Healthy Social Support

Problem Solving

Problem solving is a skill that may be useful for survivors who are:

- Feeling overwhelmed by multiple problems
- Having difficulty finding a solution to a problem
- Feeling demoralized or lacking control

Problem Solving

- Trauma and disasters create so many difficulties that people begin to feel overwhelmed and helpless
- Breaking problems down into chunks helps you decide on which to work on first
- Think of different solutions to a problem, so you have a choice of what to do

Problem Solving

Four steps of problem-solving are:

- 1) Defining the problem
- 2) Setting the goal
- 3) Brainstorm
- 4) Evaluate and choose the best solution



Problem Solving

- ▶ In helping survivors decide on the best solution, remember that some cultures emphasize the importance of sharing decisions, with matriarchs, elders, or others within the family or community
- ▶ Ask whether others in the survivor's immediate circle need to be included in the final solution and how to best include them



Problem Solving

- In follow-up sessions, review the survivor's attempts to test out solutions and modify solutions and strategies as appropriate
- Encourage the survivor to use problem solving strategies on other difficulties they may be facing

SPR Core Skills

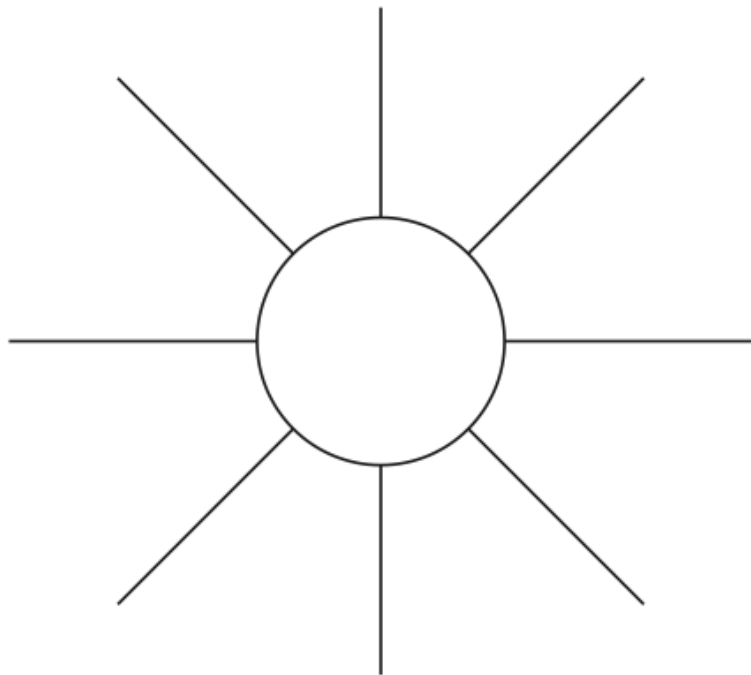
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Building Health Social Connections

“Social support is one of the most consistently identified protective factors in studies of disaster survivors.”

1. Develop a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



2. Review Social Connections Map

PART A: Different people and relationships provide different types of support. Take a look at your Social Connections Map to help answer the following questions.

Who are your most important connections right now?

With whom can you share your experiences or feelings?

From whom can you get advice to help with your recovery?

Whom do you want to spend time with socially in the next couple of weeks?

Who might be able to help you with practical tasks (errands, paperwork, homework)?

Who might need your help or support right now?

2. Review Social Connections Map

Whom can you talk with about your feelings?

Who can give you advice or help with problems?

Whom do you want to play with?

Who can help you with things such as chores or homework?

Who do you want to help you feel better?

Giving Social Support

1. What kind of problem is the person facing?
2. What type of support can I give?
3. Find the right time.
4. Find the right space/place.
5. Offer to help.
6. Provide help in a sensitive way.

Supporting Children who are “Clingy”

First - clingy is not a child-centered word :)

“Children who are expressing their need for security”

- Consistency
- Clarity
- Choice
- Timed Separations
- Increasing other supports when caregivers are away
- Consider cultural norms

Key Considerations

- ▶ Has the person lost someone?
- ▶ Does the person have a history of unsafe (physically or emotionally) relationships?
- ▶ Is the person struggling to focus on the present or future?

Thank You!

for attending

