

TRAINING AS PSYCHOLOGICAL SUPPORT TO MEDICAL FIRST RESPONDERS

Fabio Sbattella

LIST 1: SUPERFICIAL COMPETENCES

The two lists only gather only the competences pertinent, divided only the superficial and deep, organized in different areas and listed for importance.

PSYCHOLOGICAL AREA

Know ledges: knowledge of the theoretical models and research sectors own of emergency psychology.

Skills: control of methodologies of direction of the groups and works groups in particular:

- - to be able to use efficient communications techniques;
- - to be able to guide activity of debriefing and defusing;
- to be able to purpose activities of of creational revision

- - to be able to active actions of emotive and collective revision whit different languages.
- - to be able to know individual and communitarian stress and trauma signals;
- - to be able to listen;
 - to be able to use mediation techniques, negotiation and conflict management

SOCIO CONTESTUAL AREA

- **Know ledges:**
- - knowledge of the socio cultural contest in which we are called to operate;
- -knowledge of the historical -geographical contest.

- **Skills:**

- - to be able to realize a detailed analysis of the contest;
- - to be able to recognize needs, territorial bonds and social network;
 - to be able to switch on the webs and to promote network;

- - to be able to use groups and empowerment techniques;
- - to be able to identify formal and informal rules in the complex organisations;
- - to be able to work in group;
- - to be able to recognize limits of own rule;
- - to be able to respect rules and hierarchy;
- - to be able to perform the nets between organisations;
- - to be able to set projects;
- - to create creative solutions

ORGANIZATIONAL-LOGISTIC AREA

- **Know ledges:**
- -knowledge of the terminology of the sector;
- -knowledge of the normative of the sector;
- - knowledge operative protocols.

- **Skills:**

- - to be able to administrate resources;
- - to be able to plan resources connected to times and goals;
- - to be able to bring decision in coordination rules;
- - to be able to set projects and programs.
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MEDICAL AREA

- Know ledges:
 - - to know SOS;
 - - to know hygiene.
- Skills:
 - - to follow rules of auto protection.

LIST 2: DEEP COMPETENCES

ATTITUDES:

- - to be able to act rapidly;
- - to operate autonomy;
- - to be assertive; to be able to auto-evaluate;
- - to use sufficient manual capacities;
- - to be sociable;
- - to be available to comparison;
- to be creative and able to improvisation;

- - to be diplomatic;
- - to be competent;
- - to be efficient;
- - to be in empathy;
- - to be flexible;
- - to be available to get responsibility;
- - to be able to maintain professional setting;
 - to be a good observer.

- - to set a different strategies of problem solving;
- - to be strong in difficulty;
- - to accept the leader's decisions;
- - to be able to increase the value of the others resources.

OWN SELF IMMAGE

- - to be able to listen and to control own emotions;
- - to control your self;
- - to have good knowledge of your self and own rule;
- - to be able to recognize own limits;
- - to use strategies of adequate coping;
- - to be able to manage own personal emotions;
- - to tolerate deathless;
 - to be able to manage the stress.

VALUES:

- - to be able to compare with arrogances;
- to be disposable to civil-cause.