

SKILLS FOR PSYCHOLOGICAL RECOVERY

SKILL SUMMARY

Skills for Psychological Recovery is a program that uses skill modules to build resilience and enhance coping following a disaster. It is usually offered in 1-4 sessions. The full manual and worksheets for each skill are available at tiny.cc/mvodpz.



Conduct an assessment.

1. Identify needs and concerns
2. Prioritize areas to address
3. Collaboratively make an action plan



Build problem-solving skills.

1. Define the problem/decide ownership
2. Set the goal
3. Brainstorm
4. Evaluate and choose the best solutions



Promote healthy activities.

1. Identify and plan one or more activities
2. Schedule activities in a calendar



Manage reactions.

1. Identify distressing reactions & their triggers
2. Teach skills to address distressing reactions
3. Create a plan for distressing reactions



Promote helpful thinking.

1. Identify unhelpful thoughts
2. Identify helpful thoughts
3. Rehearse helpful thoughts
4. Assign practice of helpful thoughts



(Re)build social connections.

1. Develop a social connections map
2. Review the social connections map
3. Make a social support plan