

SKILLS FOR PSYCHOLOGICAL RECOVERY CHEAT SHEET

Skills for Psychological Recovery is a program that uses collaborative assessment and five individually-tailored skill modules to build resilience and enhance coping following a disaster. It is usually offered in 1-4 sessions, depending on the needs of the client.

This cheat sheet was developed based on the resources developed by the National Center for PTSD and the National Child Traumatic Stress Network. The full manual and worksheets for each skill are available at tiny.cc/mvodpz.



USE FOR: All clients

Conduct an assessment.

1. Identify needs and concerns

- ✓ Assess the person's main needs, concerns, and priorities
- ✓ Determine whether a referral to a higher level or different type of care is needed

"What do you want to work on?"

2. Prioritize areas to address

3. Collaboratively make an action plan

- ✓ Choose the most appropriate SPR skill(s)
- ✓ Agree on a tentative number of meetings (1-4)
- ✓ Make referrals if needed

"Which problem is bothering you most?"

Build problem-solving skills.

1. Define the problem & decide ownership

- ✓ Describe the problem concretely and in detail
- ✓ If the problem is complex, break it down into manageable chunks and pick one
- ✓ Determine whether this is a problem that the survivor has ownership over

2. Set the goal

- ✓ Assess and clarify needs and concerns

3. Brainstorm

- ✓ Write down all possible options

4. Evaluate and choose the best solutions

- ✓ List pros and cons of each solution
- ✓ Choose a solution

"I want _____"
 "I need _____"
 "I feel concerned that _____"
 "I am afraid that _____"



USE FOR: Clients with a difficult problem that they need to solve; clients with serious adversities (with emphasis on referral)



USE FOR: Clients experiencing disruption to their routines or hobbies; clients with reduced social contact; clients who are feeling down

Promote healthy activities.

1. Identify and plan one or more activities

- ✓ Review a list of pleasant activities
- ✓ Have the client generate ideas, considering pre-COVID activities

2. Schedule activities in a calendar

- ✓ Help the client consider things that will increase the likelihood that they will do each activity.

Read a book	Go for a walk	Help someone	Set a goal
Organize your space	Make a gratitude list	Make a photo album	Try an online class
Listen to music	Call a relative	Pray or meditate	Listen to a podcast
Journal	Write a letter	Go for a walk	Make a bucket list
Make a collage	Draw or craft	Fix something	Talk to a friend



USE FOR: Clients who are having intense or upsetting reactions to things that happen.

Manage reactions.

1. Identify distressing reactions & their triggers

- ✓ Pick the most distressing reaction
- ✓ Discuss triggers for that reaction

2. Teach skills to address distressing reactions

Skill 1: Breathing



Skill 2: Writing exercise



3. Create a plan for distressing reactions

- ✓ Discuss practicing good self-care to reduce reactivity to triggers
- ✓ Make a standing plan to deal with triggers as they come up



USE FOR: Clients who are having upsetting thoughts that make them feel bad or stop them from having more positive thoughts

Promote helpful thinking.

1. Identify unhelpful thoughts

2. Identify helpful thoughts

- ✓ Ask gentle, curious questions to develop other perspectives on the unhelpful thought

"What would be a more helpful way of looking at it?"

3. Rehearse helpful thoughts

- ✓ Imagine the trigger situation and say the helpful thought aloud

"What would I say to a friend in this situation?"

4. Assign practice of helpful thoughts

- ✓ Plan to mentally repeat the thought the next time the trigger situation arises



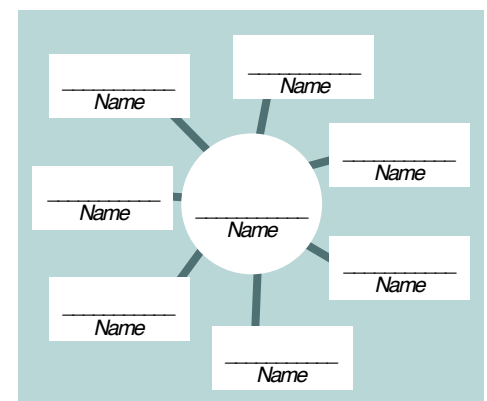
USE FOR: Clients who are unsure how to connect or reconnect with friends and family; clients who feel that they don't have enough people that care about them or can help them

(Re)build social connections.

1. Develop a social connections map

2. Review the social connections map

- ✓ Questions to reflect on:
 - Who are your most important connections right now?*
 - With whom can you share your feelings?*
 - With whom do you want to be in touch in the next couple weeks?*
 - Who might need your help or support right now?*
 - Who or what is missing or needs to be changed?*



3. Make a social support plan