

SKILLS FOR PSYCHOLOGICAL RECOVERY

SKILL SELECTION TOOL

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.

Presenting Concern	Primary Skill	Secondary Skill
A difficult but solvable problem	Problem Solving	Social Connections Helpful Thinking
Intense or repeatedly upsetting reactions	Managing Reactions	Social Connections Helpful Thinking
Not knowing how to connect with friends or family	Social Connections	Healthy Activities Helpful Thinking
Not having enough people that care about them	Social Connections	Healthy Activities Helpful Thinking
Feeling depressed, sad, or withdrawn	Healthy Activities	Problem Solving Social Connections
Upsetting thoughts that make them feel bad or stop them from having more positive thoughts	Helpful Thinking	Managing Reactions Healthy Activities
A serious physical, mental health, or substance abuse problem	Problem Solving (with referral)	Social Connections Helpful Thinking
Significant current hardships or adversities	Problem Solving (with referral)	Social Connections Helpful Thinking