

# Interventions During and After a Crisis

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## What we are facing in this Pandemic:

Quarantine alone



Quarantine with an abusive partner/family

Own illness (alone)



Sick family members (inability to accompany)

Constant related news in all media



Constant reports of deaths

Termination of employment relationship



Insecurity about future employment

Work in risky situations



Insecurity, confusion, boredom, anxiety

Recommendations focus on:



**Physical health care**

VS



**Emotional health  
Mental health**

**As coaches, we need to  
understand the impact  
of SOCIAL ISOLATION AND  
INTENSIVE COEXISTENCE IN  
SMALL SPACES**



# The crisis can impact in many ways:

**Substance abuse**

**Self-destructive behaviors**

**Social withdrawal**

**Inability to maintain  
healthy close relationships**

**Persistent feelings of  
being threatened**

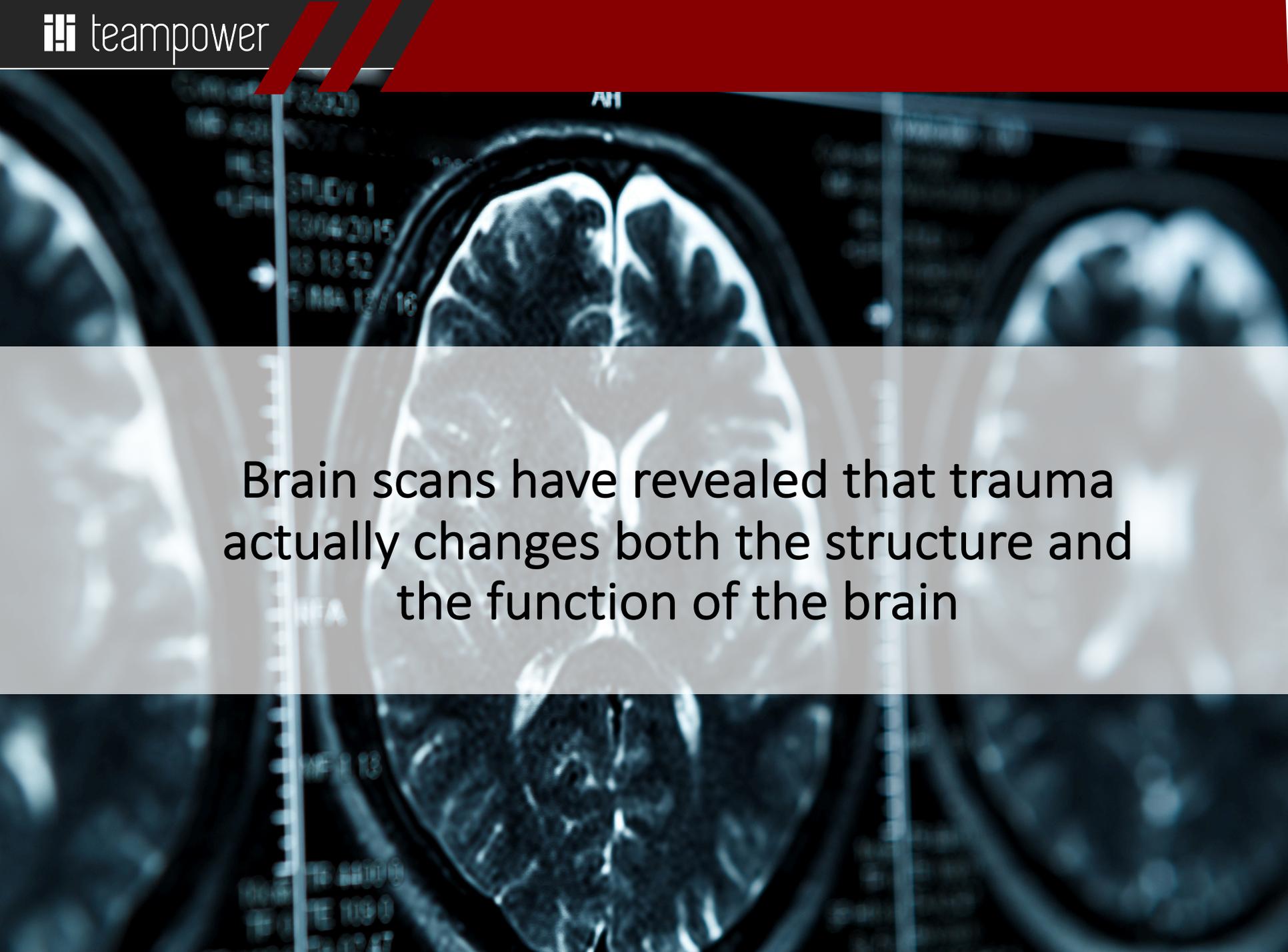
**Hostility**



Def: Psychological or  
emotional trauma

Damage or injury to  
the psyche after living  
through an extremely  
frightening or  
distressing event  
that shatter your  
sense of security





Brain scans have revealed that trauma actually changes both the structure and the function of the brain



**Traumatic experiences threaten life and safety making people feel overwhelmed and isolated. People's perception of the event is what makes it traumatic**

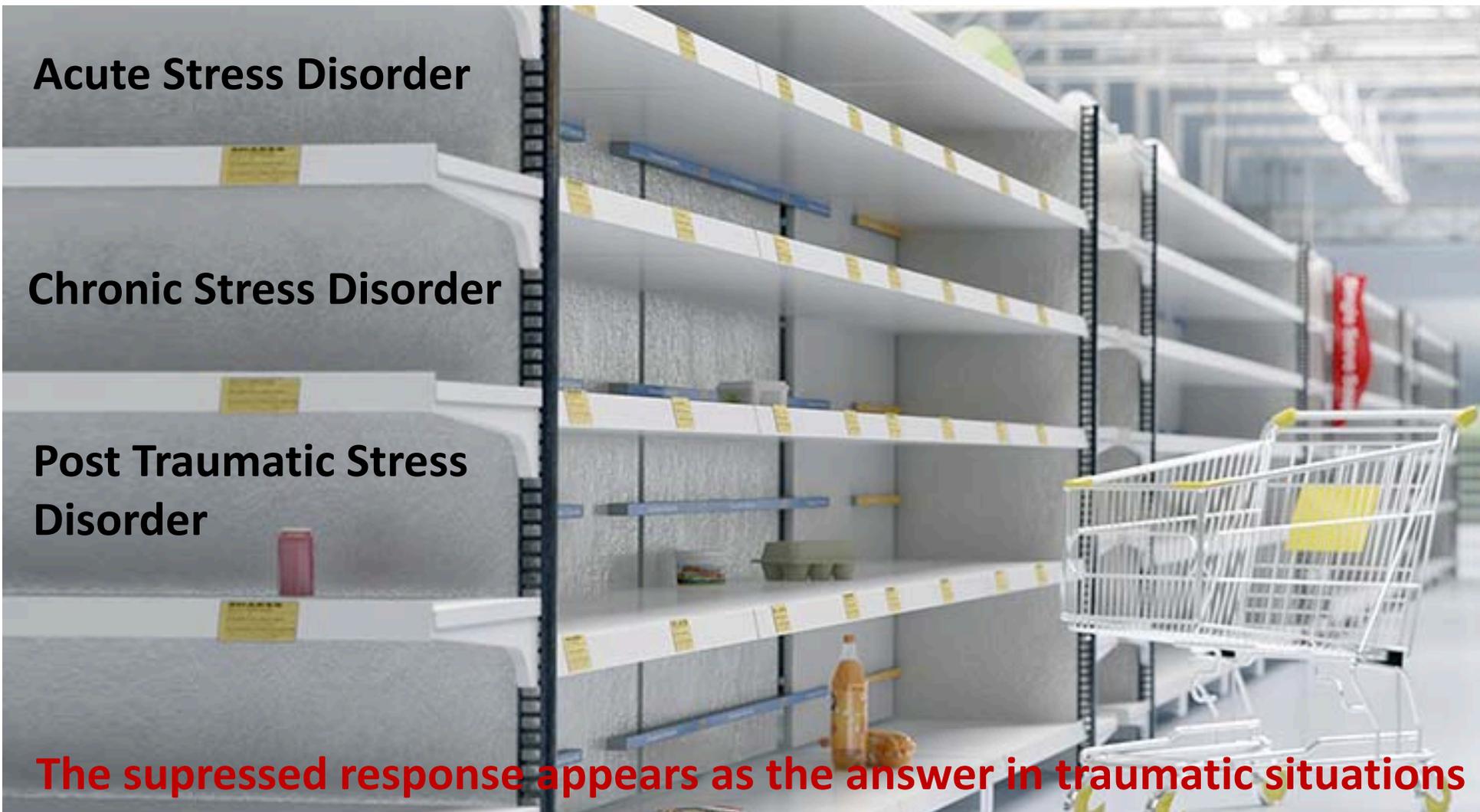
**Our fight, freeze, or escape function, if activated, produces a healthy answer.  
When the way of answering is collapsed we get the disorder inside the brain:**

**Acute Stress Disorder**

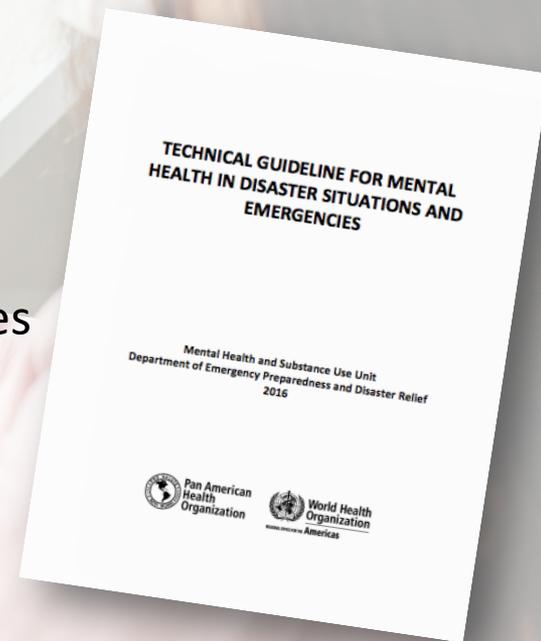
**Chronic Stress Disorder**

**Post Traumatic Stress  
Disorder**

**The suppressed response appears as the answer in traumatic situations**



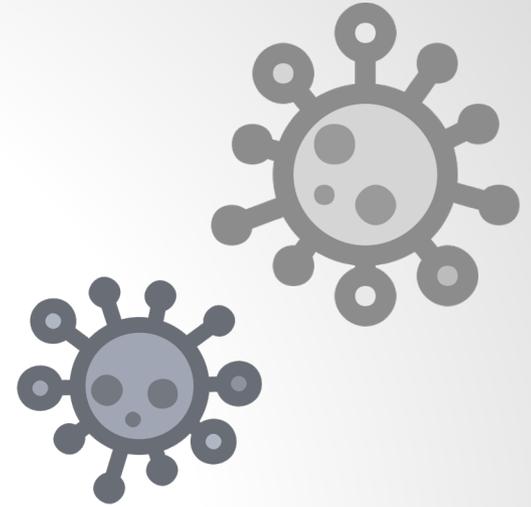
- The number of Psychiatrists and Psychologists **are not enough to assist people at this moment**
- WHO (World Health Organization) asks all professionals to help in this pandemic:  
“Ensure that humanitarian aid workers, community agents, response teams (including volunteers), and health services personnel are trained in and offer psychological first aid to victims and to all those who are in acute distress after exposure to extreme stressors”. Technical Guidelines for Mental Health in Disaster Situations and Emergencies
- Coaches and supervisors cannot "treat" Traumatic Disorder, but we can support the client in these situations



# Learning to listen to Trauma

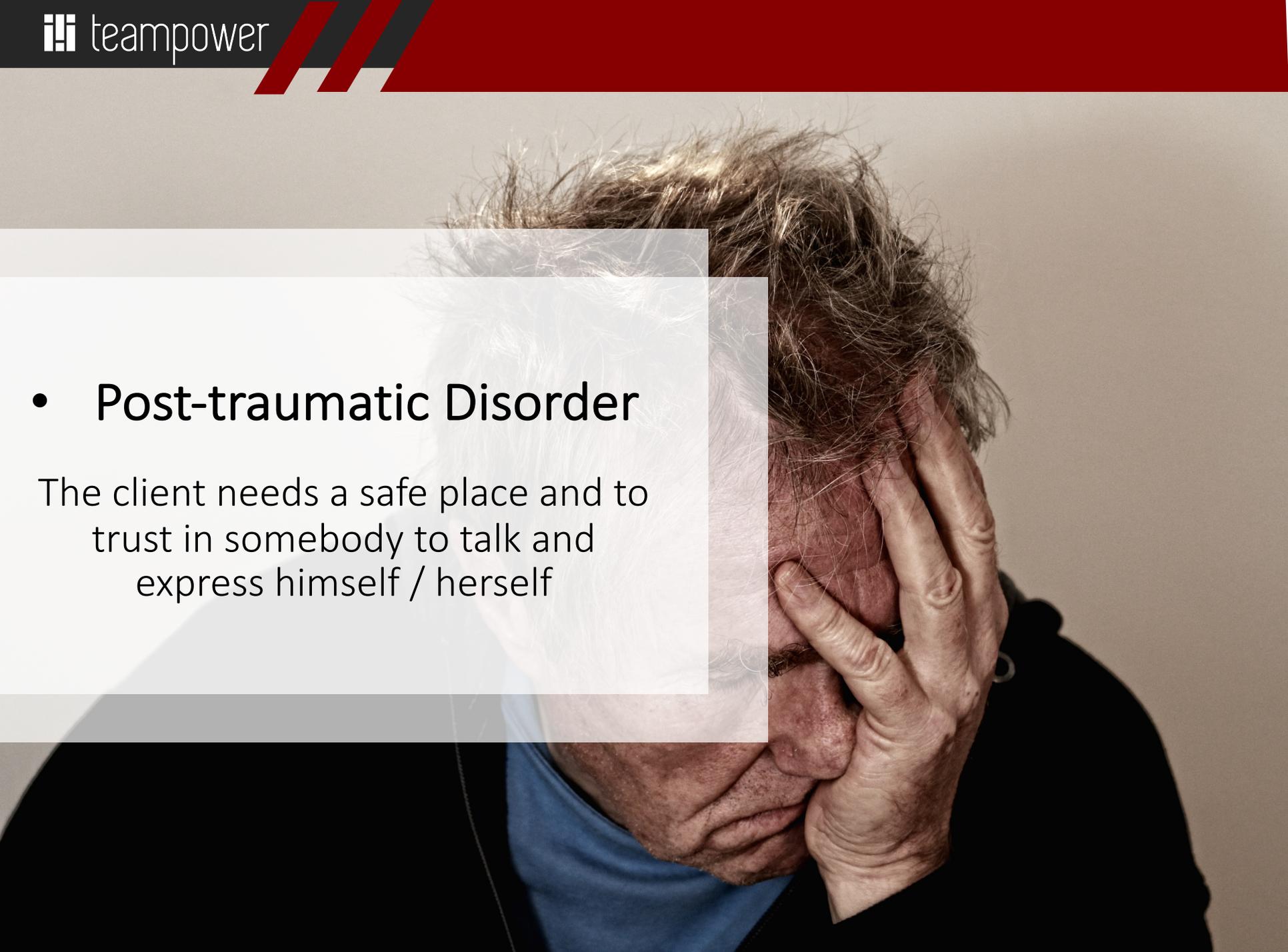
- Acute Stress Disorder

- Dissociation
- Rage
- Silence (absence)
- Suicidal thoughts
- Absence of emotions on emotional liability
- Reduced recognition of environments
- A diminished sense of reality or amnesia
- Recurrent dreams
- Anxiety
- Avoidance of persons, objects, places



- **Post-traumatic Disorder**

The client needs a safe place and to trust in somebody to talk and express himself / herself



# Hear concerns from our clients and their clients:



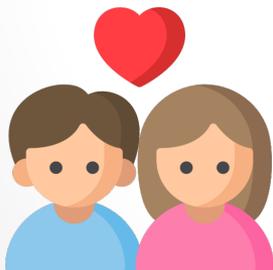
Health



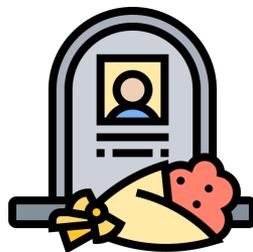
Family



Work



Relations



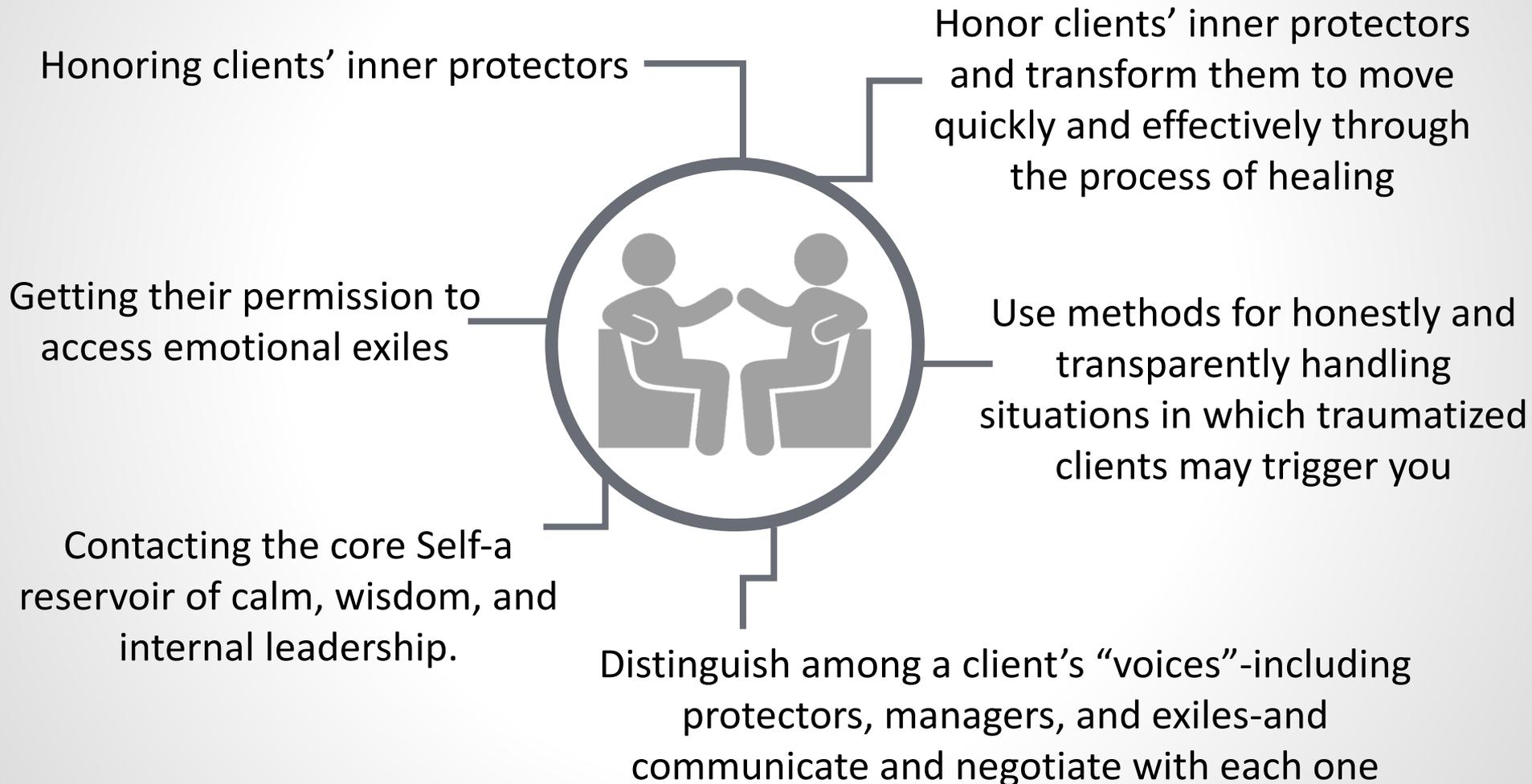
Death



Fears

# How to Help As a Supervisor

Impact both coach and client



# Counselors/Supervisors/Coaches working in natural disasters and pandemics

- ✓ Need to take care of themselves (secondary victims)
- ✓ Need to maintain “clear thinking,” talk with other colleagues
- ✓ Establish priority (necessary information about the client for emergencies)
- ✓ Need to work in collaboration and have SUPERVISION



# The Goal of an Intervention During Crisis

- ✓ Help the client to return to the previous level of relationship with herself/himself or the situation
- ✓ Adjust to the actual situation
- ✓ Help in managing fear
- ✓ Listening and embracing the feelings
- ✓ And LOVE.....LOVE.....LOVE



