Psychological First Aid Observation Sheet

Immediate Individual Crisis Intervention Observation Form

*Role Players:*_____   *Observer:* _____

Crisis Situation: _____

_____

_____

1. *Establish psychological contact.*
   a. Introduction:
      i. Identify self: _____
      ii. Inquire about and address basic needs: _____
   b. Empathy:
      i. Identify crisis facts: _____
      ii. Identify crisis-related feelings: _____
   c. Respect:
      i. Pause to listen: _____
      ii. Do not dominate the conversation: _____
      iii. Do not try to smooth things over: _____
   d. Warmth:
      i. Verbal communication is congruent with nonverbal: _____
      ii. Use of and provide physical contact, as indicated: _____

2. *Verify emotional readiness to begin problem identification and problem solving.*
   a. If not, stabilize the student: _____
   b. If the student is ready, begin the problem-solving process: _____

3. *Identify and prioritize crisis-generated problems. Identify the most immediate concerns.*
   a. Inquire about what happened: _____
   b. Inquire about the problems generated by the crisis event: _____
   c. Rank order crisis-generated problems: _____

4. *Address crisis-generated problems: Encourage the crisis survivor to be as responsible for coping with crisis-generated challenges as is possible.*
   a. Ask:_____
   b. Facilitate: _____
   c. Propose: _____
   d. Level of Lethality: _____
      o If lethality is low *and* student is capable of action, then take a facilitative stance (i.e., the crisis survivor initiates and is responsible for coping actions).
      o If lethality is high *or* student is not capable of acting, then take a directive stance (i.e., the crisis intervener initiates and is responsible for coping actions).

5. *Evaluate and conclude the ICI session. Ensure that the individual is moving toward adaptive crisis resolution.*
   a. Secure identifying information: _____
   b. Agree on a time for recontact and follow-up: _____
   c. Assess if immediate coping has been restored: _____