**Psychological First Aid Observation Sheet**

**Immediate Individual Crisis Intervention Observation Form**

*Role Players:* ___________________________  *Observer:* ___________________________

**Crisis Situation:** ___________________________

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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: ___________________________