

LEADERSHIP SKILLS FOR RESPONDING TO EXTENDED EMERGENCIES

ABCD's of HOPE

- A** Addressing not Avoiding Feeling and Problems
Assertive Behavior (What You're feeling, Reason for Feeling, What you Want)
Manage Your Anger – Use Energy from Anger for Constructive Purposes
Take Decisive Action – Make a Plan and Act on It
Acceptance of Current Resources and Situation
- B** Broader Time Perspective *Review in context of days, weeks, months, years*
Broader Meaning Perspective *Review situation from different angles/meaning*
Broader Perspective *Define self with broader roles, e.g., father, worker, wife*
- C** Courage
Conflict Resolution Skills
Self-Confidence *Remind self of past success and all skills you possess*
Communication Skills *Listen, reflect, question, compromise*
Perceived Control *The one thing you can control in an uncontrollable situation is yourself. You are the captain of your own ship*
- D** Rapid Disappointment Recovery After Appropriate Reflection
Avoiding Distorted Thoughts *e.g. catastrophic thinking, black-and-white thinking*
- S** Taking Support
Multiple Sources of Support
Increase Sensitivity to Others
Increase Self-Nurturance & Reinforcement
- H** Humility/Forgiveness
Hopefulness
Honesty
- O** Optimism *"We will find a way or we will make a way"*
Future Orientation *Not dwelling on the past during initial phase of disaster*
See Setbacks as Opportunities
- P** Persistence
Patience
Rolling with the Punches – Flexibility
Excellent Problem Solving
- E** Life is an Evolving Process *Change is the Law of Life*

Questions: e-mail address: mfinegan@pmhs.co

Michael B Finegan, PhD
Lead Police Psychologist MSP 443 735 8888