


# MODULE OVERVIEW

## Digital General Course in Mental High-risk Psychology

MODULE 1-8

digital general course

**MENTAL HIGH-RISK  
PSYCHOLOGY**



**MODULE 1**  
**INTRODUCTION TO MENTAL HIGH-RISK PSYCHOLOGY**

- Mental High-risk Job
- Primary and Secondary Traumatic Stress
- High Emotional Demands
- Who is at Risk
- Exposure to Trauma has a Ripple Effect

10:01

**MODULE 2**  
**EVERYONE HAS A BREAKING POINT**

- The Theory of Immunity
- Breaking Point
- Tacit Knowledge
- Protective Factors
- Risk Factor
- WHY?

5:52

**MODULE 3**  
**THE IMPACTS**

- Circumstances surrounding the Event
- Circumstances related to the Organizational handling of the Event
- Circumstances related to the Individual handling of the Event
- Go for the Ball and not the Person

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**MODULE 4**  
**THE REACTIONS**

- Physical Signals
- Cognitive Signals
- Emotional Signals
- Signals in Relation to others
- Signals at Group level
- Problem Displacement

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**MODULE 5**  
**THE RED-GREEN-BLUE MODEL**

- The Red-Green-Blue Model
- Mirror Neurons and Emphatic Resonance
- Over-involved and Thin-skinned
- Under-involved and Thick-skinned
- Balanced and in Touch  
... or Aligned and in Contact

8:02

**MODULE 6**  
**THE ROLE, RESPONSIBILITY AND POSSIBLE ACTIONS**

- Self-help and Self-care
- Exhaustion
- Concern, Influence and Control – the CIC model
- The Strategic Diamond
  - Cognitive Strategies
  - Emotional Strategies
  - Physical Strategies
  - Behavioral Strategies

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**MODULE 7**  
**THE ROLE, RESPONSIBILITY AND POSSIBLE ACTIONS**

- Social Support
  - Emotional Support
  - Feedback-oriented Support
  - Advisory or Professional Support
  - Practical Support
- Buddy Systems

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**MODULE 8**  
**FINAL REMARKS AND A WARNING**

- Psychological Trip-ups
  - Invisible Danger Signals
  - Habituation
  - Tendency to keep up Appearances
- The Culture of the Organization
- Role Models

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