PSYCHOLOGICAL FIRST AID COURSE OUTLINE





- Discussion
- Role-play
- Case scenarios
- · Group activities



COURSE MODULES

Module 1: What is self-care?

Module 2: Introduction to Psychological First Aid (PFA)

Module 3: An understanding to crises and psychosocial

support

Module 4: An introduction to stress and coping

mechanisms

Module 5: An introduction to psychosocial support

Module 6: Psychological First Aid - core action principles



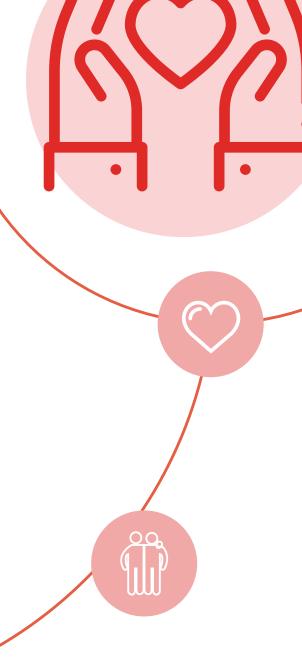
COURSE FEE

\$120.00 (before GST)



DURATION

6.5 hours





- Accredited by the Singapore Red Cross Academy
- Endorsed by the Danish Red Cross
- Supported by Reference Centre for Psychosocial Support, International Federation of the Red Cross and Red Crescent Societies (IFRC)



CERTIFICATION

A Certificate of Participation will be issued upon completion of the course



LANGUAGE

English



LEARNING OBJECTIVES

At the end of the course, learners should be able to:

- Identify different types of crises
- Determine the signs of stress
- Know the basics of providing psychological first aid to affected persons in everyday life and emergencies
- Gain basic competencies in establishing human connection in a non-intrusive and compassionate manner





THINGS TO KNOW



PRE-REQUISITE

• 16 years old and above



RECOMMENDED FOR

- Individuals who are interested in learning the skills to establish human connection in a non-intrusive and compassionate manner
- Anyone who may wish to provide emotional support to someone in distress
- Service staff and front-line officers

