

Psychological First Aid

(PFA)

Overview

In this workshop, you will learn how to provide Psychological First Aid to individuals in acute distress using the Lifeline 3R model of Recognise Respond and Refer.

This model is informed by a whole person approach, which is based on the understanding that those affected by crisis will experience a broad and diverse range of reactions encompassing emotional, social, physical, spiritual and psychological wellbeing.

The whole person approach also recognises the social-ecological context in which individuals experience traumatic events, and the influence of community resilience and adaptive capacity.

Aim

This training is applicable in a range of contexts including the workplace, disaster response, critical incidents such as vehicle accidents, assaults, robberies, terrorism and community violence.

When appropriately applied, psychological first aid reduces the initial distress experienced in the aftermath of a traumatic incident, and supports short and long term adaptive functioning.

Learning Objectives

Psychological First Aid seeks to:

- Reduce the initial distress.
- Foster short and long-term adaptive functioning (build resilience).
- Minimise the risk of further harm.
- wellbeing



Topics covered

- Module 1 – An Introduction to PFA
- Module 2 – Recognise who has been affected
- Module 3 – Respond with appropriate care
- Module 4 – Refer
- Module 5 – Attending to your own wellbeing

Format

There are two options for delivery for this course:

- 2-hour Self-paced eLearning
- 3-hour face to face workshop (not available as a virtual workshop)

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