

Psychosocial First Aid

4-day workshop offered twice per year

Other training that must be completed:

Ideals in Action

CPR/AED/First Aid Current

SCARS

The primary purpose of this program is to train volunteers and staff in the skills needed to assist those that have been Impacted by crisis whether manmade or natural disaster. To achieve this, we focus on the following strategic directions: operational assistance, capacity building, competence building of staff and volunteers, advocacy and knowledge generation, and policy and strategy development.

Areas of Coverage:

Module 1:

Crisis Events and Psychosocial Support • Different types of crisis events

- Psychosocial needs and support • The role of staff and volunteers

Module 2:

Stress and Coping

- Stress and common reactions to stress
- Extreme stress and common reactions
- Coping and assistance in stressful environments

Module 3:

Loss and Grief

- What is loss
- Different kinds of loss
- The grief process and factors that can complicate this process •
Community-based support to grieving people

Module 4:

Community-Based Psychosocial Support

- Communities and psychosocial well-being
- Communities experiencing stress
- Community-based support activities

Module 5:

Psychosocial First Aid and Supportive Communication

- Active listening and psychosocial first aid • Supportive communication • Support groups

Module 6:

Children

- Special needs of children
- Common reactions to stress and grief in children • Violence and abuse

Module 7:

Supporting Volunteers and Staff

- Stress in volunteers and staff
- Caring for volunteers and staff
- Peer support

Path - BRC Shared>Education>Training Information>General Courses

Last updated — November 2015