

Psychological First Aid



Target Audience

Direct service staff at metro-area homeless serving organizations.

Description

Psychological First Aid (PFA) is designed to help people support those in the aftermath of trauma. PFA trains in how to reduce the initial distress caused by acute traumatic events and how to then help foster short-term adaptive functioning and support links primary social connections.

Prerequisites

It is preferred that attendees have first attended TIC 101 and 102

Objectives:

Participants will learn how to:

- Approach clients who are highly distressed.
- De-escalate acute traumatic stress reactions.
- Enhance safety and provide physical and emotional comfort.
- Help trauma survivors to articulate immediate needs and concerns and offer practical assistance to address those needs
- Connect survivors as soon as possible to social support networks and support their resilience

To register for these events, please follow these links:

February 20:

<https://www.surveygizmo.com/s3/5420818/Psychological-First-Aid-Registration-Form-February-20-2020>

February 21:

<https://www.surveygizmo.com/s3/5421506/Psychological-First-Aid-Registration-Form-February-21-2020>

March 13:

<https://www.surveygizmo.com/s3/5421509/Psychological-First-Aid-Registration-Form-March-13-2020>

September 25:

<https://www.surveygizmo.com/s3/5421514/Psychological-First-Aid-Registration-Form-September-25-2020>

2020 Dates

- February 20
Stephen Center
- February 21
Stephen Center
- March 13
Community Engagement Center
- September 25
Community Engagement Center

All trainings are held from 9:00am to 4:00pm with a 1-hour lunch