



Dates
TBA

Psychological First Aid

DURATION: One Day
DELIVERY: In person or Online
DATE: TBA
TIME: 9.30am to 4.30pm
LOCATION: Level 1, 156 Collins Street, Melbourne 3000 (map)
FACILITATOR: Alexina Baldini



Psychological First Aid (PFA) is designed to be practical, flexible and modular in its approach and the first universal intervention with the Critical Incident Stress Management (CISM) framework.

As an approach to helping people in the immediate aftermath of disasters, emergencies, crisis, accidents, assaults, trauma and stressful events PFA can assist in reducing initial distress if delivered in a non-judgemental and supportive manner.

PFA can assist in helping people to cope in the hours, days and weeks following the situation and encourages them to access a range of other supports such as family, friends, community agencies and specialist services.

TRAINING OUTLINE:

- What is Psychological First Aid (PFA)?
- Goals of PFA, including adaptations for children and adolescents.
- Core principles of promoting safety, calm, connectedness, self-efficacy, help and hope.
- Core actions and models in use in Australia and internationally.
- Staying in role, respecting boundaries and agency and service system guidelines.
- Helper self-care.

All participants receive a CIMA Attendance Certificate

COST:

\$396.00 General Attendance

\$346.50 CIMA Members and Group Rate (3 or more)