



ADVANCED PSYCHOLOGICAL FIRST AID

Learn to:

- Identify complex reactions
- Examine factors that influence complex reactions
- Understand intense emotional responses
- Provide support to persons in distress using World Health Organization's psychological first aid framework



Duration: 14 hours (2 days)



Mode of delivery: Physical



Group size: 8 to 12 pax



Pre-requisites:
16 years old and above
Completed the Red Cross basic PFA

Provide timely and appropriate
psychological support with **PFA**

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Course Description:

Advanced Psychological First Aid (PFA) provides learners with foundational knowledge on complex reactions and techniques to manage these challenging reactions. Through interactive learning, case studies and role-playing exercises, participants will gain hands-on experience in applying PFA techniques in various contexts.



Module 1: Recap of Psychological First Aid

Revisit the concepts of crisis and stress, explore circles of vulnerability and how to apply the PFA framework principles.

01



Module 2: Complex Reactions

Understand complex reactions and techniques and describe the factors that influence them.

02



Module 3: Loss & Grief

Learn about the different types of losses and grief and how to apply PFA support to someone experiencing grief and loss

03



Module 4: Self-Care and Social Support

Learn how to apply self-care and the categories of self-care

04