

# **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



www.redcross.sg/pss



6664 0500



cpss@redcross.sg

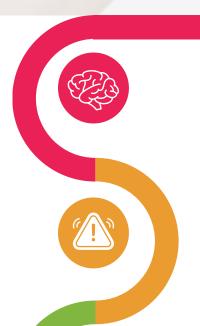


8020 7130



# **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.





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





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



## Module 4: Self-Care and Social Support

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







