



# ADVANCED PSYCHOLOGICAL FIRST AID

An advanced course for those with prior PFA training, designed to deepen crisis response skills through applied techniques, roleplay, and reflection to support individuals facing grief, trauma, and intense emotional distress.

## COURSE DETAILS

 14 hrs

 S\$300/pax

 Minimum 10 ; Maximum 20 learners

 Available in Physical and Online Format

**JOIN NOW**



### Contact Details

 +65 8020 7130

 [cpss@redcross.sg](mailto:cpss@redcross.sg)



## LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Identify and analyze complex emotional and psychological responses triggered by crises
- Explore the risks of neglecting self-care, such as burnout and compassion fatigue
- Apply tailored Psychological First Aid techniques to provide compassionate support to individuals navigating grief

## COURSE STRUCTURE

### 01

#### **Advanced Insights into Complex Reactions**

Explores the deeper psychological and physiological responses individuals experience in high-stress situations

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### 02

#### **Understanding the Stages of Grief**

Explores the emotional process of grief, helping learners understand the five stages of grief and how individuals experience them differently

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### 03

#### **Exploring Self-care for PFA Providers**

Emphasizes the importance of self-care for Psychological First Aid (PFA) providers, ensuring they maintain their well-being while supporting others

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