



ADVANCED PSYCHOSOCIAL SUPPORT

ELIGIBLE FOR 6 SDU POINTS

An intensive course for WSHOs and safety leaders to strengthen crisis response and trauma support skills. Based on WHO guidelines and endorsed by the Red Cross, it equips professionals to lead psychosocial recovery in complex workplace incidents

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

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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

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

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
