



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

 15 hrs (incl. 1-hr assessment on Day 3)

 S\$300/pax

 Minimum 10 to 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
