

# ADVANCED PSYCHOLOGICAL FIRST AID



## METHODOLOGY

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- Discussion
- Role Play
- Case Scenario
- Group Activity
- 1 Facilitator: 8 Learners (up to 3 Facilitators)

## COURSE MODULES

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- Complex Situations and Reactions
- Introduction to Loss and Grief
- Advanced Psychological First Aid
- Introduction to Self-Care
- Psychological First Aid Assessments

## COST

- \$200.00 (\$214.00 incl GST)

## DURATION

- Day 1: 9am-6pm
- Day 2: 9am-6pm
- Total Training Hours: 16 Hours

## ACCREDITATION

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- Accredited by the Singapore Red Cross Academy
- Endorsed by the Danish Red Cross
- Supported by Reference Centre for Psychosocial Support, International Federation of Red Cross and Red Crescent Societies (IFRC)

## CERTIFICATION (2 YEARS)

Learners will receive a credit-card sized Certificate of Competence, with 2 years validity upon successful completion

## LANGUAGE

English

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SINGAPORE

# ADVANCED PSYCHOLOGICAL FIRST AID

## LEARNING OPPORTUNITIES

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- Recognise reactions required for referral
- Develop an increased sense of self-awareness
- Adopt constructive self-care strategies
- Demonstrate psychological first aid for affected persons and persons who are grieving

## THINGS TO KNOW

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### Prerequisites

- Recommended age: From 18 years old
- Have completed Psychological First Aid Course

### Recommended for

- Individuals who want to be certified competent in providing psychological first aid to persons who may be exposed to crisis situations
- Individuals who are interested in deepening their knowledge and skills in establishing human connection in a non-intrusive and compassionate manner

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- Prices are subject to change.
  - It is highly recommended that you register for your refresher course three months before the expiry date on your existing certificate.
  - Psychological First Aid (PFA) certificate by Singapore Red Cross Academy must be provided upon enrollment.
  - This course is available on corporate demand. Minimum number of participants applies.
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