

PSYCHOLOGICAL FIRST AID

METHODOLOGY

- Discussion
- Role Play
- Case Scenario
- Group Activity
- 1 Facilitator: 10 Learners (up to 2 Facilitators)

COURSE MODULES

- Understanding Crises and its Impact
- Introduction to Stress and Coping
- Introduction to Psychosocial Support
- Psychological First Aid

COST • \$120.00 (\$128.40 incl GST)

DURATION • Day 1: 9am-6pm
• Total Training Hours: 8 Hours

ACCREDITATION

- Accredited by the Singapore Red Cross Academy
- Approved by the Agency for Integrated Care (AIC)
- Accredited by the Ministry of Manpower
CPD/264/A1B/010 with 7 SDU points Awarded
- Endorsed by the Danish Red Cross
- Supported by Reference Centre for Psychosocial Support,
International Federation of Red Cross and Red Crescent Societies
(IFRC)

CERTIFICATION Learners will receive a Certificate of Participation upon completion

LANGUAGE English



PSYCHOLOGICAL FIRST AID

LEARNING OPPORTUNITIES

- Identify different types of crises
- Recognise the signs of stress
- Describe possible ways of managing and coping with stress and emotional distress
- Learn the basics of providing psychological first aid to affected persons in everyday life and emergencies
- Gain basic competences in establishing a human connection in a non-intrusive and compassionate manner

THINGS TO KNOW

Prerequisites

- Recommended age: From 16 years old

Recommended for

- Individuals who provide direct services to persons who may have been exposed to crisis situations
- Individuals who are interested in learning the skills of establishing human connection in a non-intrusive and compassionate manner

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- Prices are subject to change.
 - This course is available on corporate demand. Minimum number of participants applies.
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