



SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

Advanced Psychological First Aid Training	
Course Duration	2 days (14 hours) <ul style="list-style-type: none">• 7 hours per day.• Inclusive of one 60 min lunch break and two 15 min break per day.
Mode of Training	Available face-to-face and online
Learning Outcomes	At the end of the course, learners should be able to: <ul style="list-style-type: none">• Recognise the importance of Mental Health & Self Care.• Identify common and complex reactions to a crisis.• Identify common signs of grief.• Recognise reactions required for referral.• Application of Psychological First Aid for affected persons and persons who are grieving.
Accreditation	<ul style="list-style-type: none">• Accredited by the Singapore Red Cross Academy• Supported by Reference Centre for Psychosocial Support, International Federation of Red Cross and Red Crescent Societies (IFRC)
Cost	\$280 per person. (Price before GST)
Group size (Number of learners)	Minimum 6 pax Maximum 10 pax
Certification	Learners will receive a Certificate of Competency upon completion. <i>Requirement: 100% attendance for whole duration of course</i>
Required logistics	<ul style="list-style-type: none">• Blank paper• Writing materials• Internet access for Zoom for virtual sessions (Video camera <u>must</u> be turned on during the workshop)



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Workshop Outline		
Day 1		
Time	Learning Objectives	Content
30 min 09:00 - 09:30	Ice-breaker Administrative briefing	<ul style="list-style-type: none">• Admin and Technical brief• Introduction• Group Charter
45 min 09:30 - 10:15	Recognise the importance of mental health and self-care. Recognise the importance of self-care as a PFA Provider.	Module 1: Mental Health & Self-Care <ul style="list-style-type: none">• Self awareness & self care• Possible challenges in providing PFA• Calming techniques
30 min 10:15 - 10:45	Recapping key concepts on Psychological First Aid	Module 2: Psychological First Aid <ul style="list-style-type: none">• Recapping on PFA
15 min 10:45 - 11:00	Break Time	
60 min 11:00 - 12:00	Identify common and complex reactions to a crisis.	Module 3: Common and Complex Reactions <ul style="list-style-type: none">• Identify common reactions to a crisis• Identify complex reactions to a crisis• Understanding factors that may influence affected persons' reactions
60 min 12:00 - 13:00	Lunch Break	
45 min 13:00 - 13:45	Identify common signs of grief and supporting persons who are grieving.	Module 4: Introduction to Loss and Grief <ul style="list-style-type: none">• Understanding Loss• Types of Losses• Understanding the grieving process



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		<ul style="list-style-type: none">Supporting persons who are grieving
45 min 13:45 - 14:15	Application of Advanced Psychological First Aid	Module 5: APFA Techniques
15 min 14: 15 - 14: 30	Break Time	
60 min 14:30 - 15:30	Application of Advanced Psychological First Aid	PFA Practice and Exercise
30 min 15:30 - 16:00	Closure for session Evaluation	Closing Activity
16:00	End of Day 1	

Workshop Outline		
Day 2		
Time	Learning Objectives	Content
30 min 09:00 - 09:30	Opening activity Administrative briefing	<ul style="list-style-type: none">Admin briefOpening activity
60 min 09:30 - 10:30	Application of Advanced Psychological First Aid	PFA Practice



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15 min 10:30 - 10:45	Break Time
90 min 10:45 - 12:30	PFA Assessment 1
60 min 12:30 - 13:30	Lunch Break
30 min 13:30 - 14:00	Briefing
90 min 14:00 - 15:30	PFA Assessment 2
30 min 15:30 - 16:00	Debrief, Evaluation & Certification
16:00	End of Training