

Advanced Psychological First Aid (AFPA)

What you will learn

The Advanced Psychological First Aid (APFA) is designed for individuals who have completed the basic Psychological First Aid (PFA) or PFA+ training and are seeking to deepen their crisis response capabilities. This course builds on the foundational knowledge, introducing advanced techniques to navigate complex emotional reactions, support individuals experiencing grief and trauma, and maintain self-care as a PFA provider.

Through interactive discussions, roleplay simulations, and guided self-reflection, participants will strengthen their ability to deliver structured, empathetic psychological support in high-stress environments. The training emphasizes real-world application, preparing learners to respond effectively in diverse crisis scenarios. As part of a continuous learning pathway, this course is ideal for those looking to expand their skills in mental health support and further their professional development in helping roles.



Manage Complex Emotional Responses

Recognise and respond to heightened emotional reactions in crisis and caregiving contexts.



Support Through Grief

Apply tailored PFA techniques for different forms of grief and loss.



Prevent Burnout

Strengthen self-care and boundaries to prevent burnout and compassion fatigue.



Course Duration:

14 Hours (2 days)

Mode of training:

Classroom/Online

Full Fees (Include of 9% GST)

\$327

Prerequisites:

Completion of Basic Psychological First Aid (PFA) or Psychological First Aid + (PFA+) course

LEARN MORE!



Why learn with us:



Proven Expertise



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Impactful Training

Phone: 6664 0500

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Learning Objectives

- Identify and manage complex emotional responses in both the care recipient and themselves
- Apply tailored PFA techniques to provide compassionate support through various forms of grief and loss in caregiving contexts
- Develop and maintain realistic self-care plans to prevent burnout, compassion fatigue, and role strain

Learning Modules

Module 1 Understanding Complex Emotional Responses

Recognising heightened emotional reactions such as panic, anger, withdrawal, and overwhelm in crisis and caregiving situations.

Module 2 Psychological First Aid for Grief and Loss

Applying appropriate PFA approaches to different forms of grief, bereavement, and traumatic loss.

Module 3 Supporting Individuals at Higher Risk

Responding to distress linked to self-harm, suicidal thoughts, or severe emotional dysregulation, within the helper's role and limits.

Module 4 Managing Challenging Helping Situations

Navigating difficult interactions, boundaries, and ethical considerations when providing psychosocial support.

Module 5 Sustaining the Helper

Identifying burnout and compassion fatigue, and practising self-care strategies to remain effective in helping roles.

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