

PSYCHOLOGICAL FIRST AID COURSE OUTLINE



METHODOLOGY

- Discussion
- Role-play
- Case scenarios
- Group activities



COURSE MODULES

- Module 1: What is self-care?
- Module 2: Introduction to Psychological First Aid (PFA)
- Module 3: An understanding to crises and psychosocial support
- Module 4: An introduction to stress and coping mechanisms
- Module 5: An introduction to psychosocial support
- Module 6: Psychological First Aid - core action principles



COURSE FEE

\$120.00 (before GST)



DURATION

6.5 hours





ACCREDITATION

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



CERTIFICATION

A Certificate of Participation will be issued upon completion of the course



LANGUAGE

English



LEARNING OBJECTIVES

At the end of the course, learners should be able to:

- Identify different types of crises
- Determine the signs of stress
- Know the basics of providing psychological first aid to affected persons in everyday life and emergencies
- Gain basic competencies in establishing human connection in a non-intrusive and compassionate manner



THINGS TO KNOW



PRE-REQUISITE

- 16 years old and above



RECOMMENDED FOR

- Individuals who are interested in learning the skills to establish human connection in a non-intrusive and compassionate manner
- Anyone who may wish to provide emotional support to someone in distress
- Service staff and front-line officers

