



SINGAPORE RED CROSS SOCIETY

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

Psychological First Aid Training	
Course Duration	6.5 hours (Inclusive of one 60 min lunch break and two 15 min break)
Mode of Training	Available face-to-face and online
Learning Outcomes	At the end of the course, learners should be able to identify: <ul style="list-style-type: none">● Recognise the importance of Self Care● Define what is Psychological First Aid (PFA)● Identify the types and characteristics of crises● Identify the signs of stress● Explain how to cope with stress● Explain Psychosocial Support● Outline PFA Action Principles● Explain the application of PFA Action Principles● Practice the application of PFA
Accreditation	<ul style="list-style-type: none">● 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)
Cost	\$120 per person. (Price before GST)
Group size (Number of learners)	Minimum 10 Maximum 20
Certification	Learners will receive a Certificate of Participation 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 (Video camera <u>must</u> be turned on during the workshop)



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Workshop Outline		
Time	Learning Objectives	Content
30 min 09:00 - 09:30	Ice-breaker Administrative and technical briefing	<ul style="list-style-type: none">• Admin and Technical brief• Introduction• Group Charter
30 min 09:30 - 10:00	Recognise the importance of self-care. Recognise the importance of self-care as a PFA Provider. Identify examples of self-care.	Module 1: Self-Care <ul style="list-style-type: none">• What is self-care• Examples of self-care
30 min 10:00 - 10:30	Define what is PFA. Describe how and on whom PFA is applied.	Module 2: Introduction to Psychological First Aid (PFA) <ul style="list-style-type: none">• What is PFA, what isn't• Who, When & Where of PFA• PFA vs Standard First Aid (SFA)
15 min 10:30 - 10:45	Break Time	
30 min 10:45 - 11:15	Identify different types of crises. Describe how PFA is applied as first-line psychosocial support. Recognise ways to help a person in distress.	Module 3: Crisis & Psychosocial Support <ul style="list-style-type: none">• What is a crisis?• PFA as first-line psychosocial support• How to help responsibly
30 min 11: 15 - 11: 45	Identify the signs of stress.	Module 4.1: Stress & Common reactions <ul style="list-style-type: none">• What is stress• Common signs of stress• Common reactions• Coping with stress
15 min	Outline coping strategies and	Module 4.2: Coping & Referral



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11:45 - 12:00	explain how to facilitate coping for affected persons.	<ul style="list-style-type: none">• Coping with stress• When to referral
60 min 12:00 - 13:00	Lunch Break	
30 min 13:00 - 13:30	Explain Psychosocial Support Outline Psychosocial Support Strategies in Learners' context	Module 5: Psychosocial Support <ul style="list-style-type: none">• What is Psychosocial Support (PSS)• Importance of PSS
30 min 13:30 - 14:00	Outline PFA action principles.	Module 6: PFA Action Principles <ul style="list-style-type: none">• Prepare, Look, Listen, Link• When & how to make referrals• Psychoeducation
15 min 14:00 - 14:15	Break	
45 min 14:15 - 15:00	Practice applying PFA Action Principles	Case discussion + Case debrief
30 min 15:00 - 15:30	Closure for session Evaluation	Closure & Evaluation
15:30	End of Training	