

PSYCHOLOGICAL FIRST AID COURSE OUTLINE



METHODOLOGY

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



COURSE MODULES

Module 1: An Understanding to crises and their impact

Module 2: An Introduction to stress and coping mechanisms

Module 3: An Introduction to Psychosocial Support

Module 4: Psychological First Aid - Core action principles



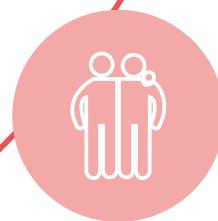
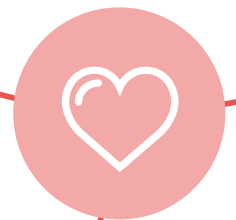
COURSE FEE

\$120.00 (before GST)



DURATION

8 hours





ACCREDITATION

- Accredited by the Singapore Red Cross Academy
- Accredited by the Ministry of Manpower with 7 SDU points awarded
- 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

- Service staff and front-line officers
- 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

