

KAHM UNITY WOMEN'S COLLEGE, MANJERI

DEPARTMENT OF PSYCHOLOGY

CERTIFICATE COURSE (2023- 2024)

PSYCC007 PSYCHOLOGICAL FIRST AID

Course Learning Objectives

This course is aimed at increasing the learners' abilities to:

- Learn and apply psychological first aid
- Manage psychological crisis reactions
- Know the importance of self and team care for helpers;

Course Outcome

- The student will be able to deliver psychological first aid to the needy
- The student will be able to describe strategies for self-care before, during and after helping in crisis situations

MODULE 1 - BASICS OF PSYCHOLOGICAL FIRST AID

(10 hours)

Introduction to PFA. Who should deliver PFA? When and where should PFA be used? Strengths of PFA. Basic Objectives of Psychological First Aid.

MODULE 2 - DELIVERING PSYCHOLOGICAL FIRST AID

(10 hours)

Professional Behavior, General Guidelines, Behaviors to Avoid, Working with children and adolescents, Working with older adults, Working with Faculty and Staff, Working with the First Responders, Working with survivors and individuals with Disabilities, Working with At-Risk Populations.

MODULE 3- CORE ACTIONS

(10 hours)

Contact and Engagement, Safety and Comfort, What to Do and What Not to Say, Stabilizing Emotions, Gathering Information, Practical Assistance, Connecting with Social Supports, Information on Coping, Linking with Collaborative Services.

MODULE 4- TAKING CARE OF SELF AND THE TEAM

(10 hours)

Importance of practicing self and team care, common and extreme stress reactions, managing your own stress, rest and reflect, using stress-management tools.

REFERENCE

Brymer, M., Layne, C., Jacobs, A., Pynoos, R., Ruzek, J., Steinberg, A., ... & Watson, P. (2006).

Psychological first aid field operations guide. *National Child Traumatic Stress Network*.

Ruzek, J. I., Brymer, M. J., Jacobs, A. K., Layne, C. M., Vernberg, E. M., & Watson, P. J.

(2007). Psychological first aid. *Journal of Mental Health Counseling, 29(1)*, 17-49.

Singaravelu, V. (2012). Psychological first aid: Field worker's guide.

World Health Organization. (2013). Psychological first aid: facilitator's manual for orienting field workers.