

Module Anatomy (1-Day Version)

Training Title:

Psychological First Aid: Practical Support for People in Crisis

Duration:

1 Day (Approx. 7 hours including breaks)

Target Audience:

Social workers, volunteers, teachers, frontline staff, healthcare workers, and community leaders

09:30 – 10:00 | Arrival & Registration

- Sign-in and distribution of materials

10:00 – 10:30 | Session 1: Welcome and Introduction to PFA

Objective: Introduce participants to the goals of the training and basic concepts of PFA

Content:

- What is PFA?
- Why is it important?
- PFA vs. counseling/therapy

Method: Interactive presentation, icebreaker activity

10:30 – 11:15 | Session 2: Understanding Crisis, Stress, and Reactions

Objective: Explore common emotional, cognitive, physical, and behavioral reactions to distress

Content:

- Reactions to crisis (children vs. adults)
- Normal vs. severe responses
- Cultural context of stress

Method: Group discussion, visual slides, experience sharing

11:15 – 11:30 | Coffee/Tea Break

11:30 – 12:30 | Session 3: Core Actions of PFA – Step-by-Step

Objective: Introduce and explain the 8 action principles of PFA

Content:

1. Contact and engagement
2. Safety and comfort
3. Stabilization
4. Information gathering
5. Practical assistance
6. Connection with supports
7. Coping information
8. Linkage to services

Method: Presentation, real-life case examples, group discussion

12:30 – 13:30 | Lunch Break

13:30 – 14:30 | Session 4: Effective Communication in Crisis

Objective: Strengthen participants' communication skills for emotionally supportive conversations

Content:

- Active listening
- Do's and Don'ts in PFA
- Handling distress (anger, fear, silence)

Method: Role-play, small group exercises, practice feedback

14:30 – 15:15 | Session 5: Practicing PFA – Role Play & Scenarios

Objective: Apply learned knowledge in practical simulated scenarios

Content:

- Group-based PFA role-play (various contexts: disaster, violence, family loss)
- Peer observation

Method: Role-play, group feedback, facilitator debrief

15:15 – 15:30 | Coffee/Tea Break

15:30 – 16:15 | Session 6: Self-Care and Resilience for Helpers

Objective: Raise awareness about self-care to prevent burnout and secondary trauma

Content:

- Stress signs in helpers
- Boundaries and self-awareness
- Personal self-care plans

Method: Reflection, self-care planning worksheet, small group sharing