

Module Anatomy (2-Day “Deep Dive” Version)

Day / Session	Time	Topic & Key Content	Methods	Materials
Day 1				
S1. Welcome & Course Orientation	09:00-09:30	Ice-breaker, learning contract, safety & confidentiality rules	Mini-lecture, pair - introductions	Slides 1-10, flip-chart
S2. Foundations of PFA	09:30-10:45	Definition, evidence base, phases of disaster/crisis, ethical principles (do-no-harm, dignity, rights)	Interactive lecture, quiz	PFA handbook, slides
<i>Break</i>	10:45-11:00		Coffee, energizer	
S3. Stress & Trauma Essentials	11:00-12:30	Acute stress vs. chronic stress, trauma spectrum, children vs. adults	Group brainstorm, video case	Video clip, symptom cards
<i>Lunch</i>	12:30-13:30			
S4. PFA Action Cycle (Prepare–Look–Listen–Link–Support)	13:30-15:00	Step-by-step walkthrough with demonstration	Instructor demo, Q&A	Role cards, whiteboard
<i>Break</i>	15:00-15:15			

Psychological First Aid (PFA) Training

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S5. Core Communication Skills	15:15-17:00	Active listening, open questions, grounding techniques, cultural & gender considerations	Triad role-plays, skills feedback	Skills checklist
Day 2				
S6. Practical Assistance & Referral	09:00-10:45	Mapping needs, prioritizing safety, linking to services, consent & data protection	Case-study carousel	Local referral directory
<i>Break</i>	10:45-11:00			
S7. Self-Care & Peer Support	11:00-12:30	Burnout signs, secondary trauma, personal resilience plan, team debrief models	Guided self-assessment, mindfulness exercise	Self-care worksheet
<i>Lunch</i>	12:30-13:30			
S8. Simulation Lab & Assessment	13:30-15:30	Full-scenario simulations with observers; debriefing; written reflection	High-fidelity role-play, OSCE-style stations	Scenario packs, assessment rubrics
<i>Break</i>	15:30-15:45			
S9. Evaluation & Closing	15:45-17:00	Post-test, course feedback, certificate ceremony, next-steps planning	Survey, group pledge	Post-test forms, certificates