



Psychological First Aid



This course equips learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model - a resiliency-building approach to emotional, psychological, and social wellbeing that teaches learners how to support themselves and others to cope with the effects of various types of stress. The course uses primarily case-based learning and includes the latest evidence from the international community.

Audience

Course is adaptable to all audiences (Youth, Workplace, Professional Responder)

Duration

Classroom: 7–12 hours
(depending on the experience of the audience)

Instructor

Psychological First Aid Instructor

Prerequisites

- 18 years of age (recommended)
- Psychological First Aid online courses:
Self-Care and Caring for Others (recommended)

Completion

Successfully participate in 100% of the 7–12-hour in-class course. There is no evaluation component for the classroom-based course.

Certification

3-year certification in Psychological First Aid

Course Content

Case-based learning and discussion will be tailored to the audience and include the following content:

- Introduction to Red Cross
- Case Studies
- Psychological First Aid
- Operational Principles
- Stress, Distress
- Loss and Grief
- Trauma
- Indicators
- Vulnerable Populations
- Supportive Communication
- Look, Listen, Link, Live
- Resiliency and Protective Factors
- Protection
- Policies, Legislation
- Self-Care

Participant Materials

- *Psychological First Aid Workbook* (print)
- Look, Listen, Link, Live cards



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