



Course Outline

Course: Psychological First Aid

Duration: 3 hours

Cost: Course cost is \$TBC. Payment in full prior to commencement of course is required

Location: TBC

General Course Description:

The AAI Psychological First Aid course is specifically designed for those individuals working or intending to work in humanitarian operations overseas in often remote and dangerous environments where immediate high levels of care are not always available. This course is intended as a short course for the individual requiring a good understanding of the psychological impact of traumatic events and the functional implications of an isolated environment with limited resources.

Course Units:

Welcome and Introduction

- Seminar Scope and Objectives
- Psychological First Aid and Psychosocial Support - Overview
- Operating in a Cross Cultural context

Stress Response & Humanitarian Aid Operations

- When is Stress a problem?
- Arousal and coping
- Humanitarian Aid Operations – Stress Factors
- Expectations; Cultural shock and differences

Preventive and Management Strategies

- Strategies of ongoing trauma mitigation
- PIES + RRR
- Resources & Exercises

Community and Social Impacts of Trauma: Role of Humanitarian Aid Worker

- Gathering info without retraumatizing; Advocating, Routing
- Individual referral
- Mobilising the Community for Recovery
- Working with Special populations



Who cares for the Caretakers ?

- Stresses of Humanitarian Aid Work
- Self Care strategies
- Resources : Guide for Humanitarian Aid Workers

Delivery:

The course is presented in line with adult learning principles incorporating structured tutorials, interactive workshops, case studies, video, and scenario based training. Individual and group work is conducted throughout the course.

Prerequisites: Nil

Presenters:

Course presenters are all recognised industry experts with recent overseas Humanitarian Relief Operations experience who also hold relevant professional, experience and training qualifications.

Meals:

Coffee and tea will be available to participants.

Dress:

It is expected that you will attend all classes dressed in a neat and casual manner.

Smoking Policy

Smoking is not permitted indoors, but is allowed outdoors in designated areas. The receptionist or training coordinator at your training facility will provide guidance on smoking areas..

Special Needs:

Any student who feels that s/he may need accommodation for any type of disability is encouraged to contact the Director of Training (+613 826 50005 or training@aai.org.au)

Dates:

Refer to the training calendar for detailed information on dates.



Course Changes:

Information contained in this course outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.

Enquiries/Contacts:

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