



Course Outline

Course: Psychological First Aid

Duration: 1 Day
8:00am – 5:00pm

Cost: Course cost is \$220.00. Payment in full prior to commencement of course is required

Location: Surrey Hills, Victoria

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 specialized occupational 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.

Emphasis is placed on students achieving a high level of understanding and realistic scenarios.

Learning Outcomes:

At the end of this course the participants will be able to:

- Demonstrate a basic understanding of the fundamental principles of Psychological First Aid and Psychosocial Support Programs
- Demonstrate a limited understanding of etiology of psychological trauma
- Demonstrate a basic understanding of the impact of culture
- Demonstrate a basic understanding of the security / protection issues
- Demonstrate a basic understanding of methods for increasing social support
- Demonstrate a basic understanding arousal reduction strategies
- Demonstrate a basic understanding of assisted coping strategies
- Demonstrate a basic understanding of the concepts of advocating, routing and referral and community mobilization
- Demonstrate a basic understanding of psychological first-aid with special populations
- Demonstrate a basic understanding of self-care strategies and supervision

- **Course Units:**

Introduction and Principles

- course purpose, emphasis & scope
- learning objectives
- legal / ethical aspects of psychosocial interventions

Psychological First Aid and Psychosocial Support Programs

- definitions and models of practice
- the continuum of care
- boundaries of practice

Cross cultural practice

- culture shock for providers
- cultural differences in provider care

Security and Protection

- strategies for ongoing trauma mitigation
- PIES + RRR

Social Support

- tangible / material support
- emotional support
- informational support
- generating community social support

Arousal reduction

- transactional model of stress
- cognitive strategies
- physiological strategies

Assisted coping strategies

- finding the balance b/w assisting and empowering
- using an Appreciation Process for planning community recovery

Advocating, routing and referral, community mobilisation

- advocating for the needs of the community
- routing and referring people requiring further care
- mobilising the community to begin the recovery process

Working with special populations

- identifying groups with special needs
- providing PFA to groups with special needs

Self Care strategies and supervision

- vicarious traumatisation and compassion fatigue
- strategies for self-care
- supervision practices

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:

Morning and afternoon tea will be provided and there are several cafes in close proximity to the training venue where a variety of meals ay be obtained.

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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