

PSYCHOLOGICAL FIRST AID



Date and Location

- Summit Training Day: October 28, 2024
- Registration begins at 8:00am
- Training 9:00am-5:00pm
- Lunch Provided
- In person (no virtual option)

Tuition and Registration

There is no cost for attending this course. The course is funded by the Bay Area Urban Areas Security Initiative (BAUASI).

For More Information

Please contact: Amy.Ramirez@sfgov.org

Target Audience

This course will benefit all personnel involved in emergency response.

Core Capability

Public Health, Healthcare, and Emergency Medical Services

Prerequisites/Materials

There are no prerequisites to attend the course.

Certification

Participants will receive a certificate of course completion.

Instructor

George S. Everly, Jr.

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Description

Disasters, whether natural, technological, or human-made, invariably strain and often exhaust available mental health resources. It is a well-established fact that in the aftermath of such events, psychological casualties will far outnumber physical casualties. Psychological first aid (PFA), endorsed by the American Psychological and Psychiatric Associations, the World Health Organization, and The United Nations, is the preferred mental health intervention in the wake of disaster. This BASIC PFA curriculum, rooted in evidence, is designed to equip you with the necessary skills and knowledge to provide effective PFA in such situations and more routine critical incidents at the community level.

The primary goal of this class is to prepare attendees to implement PFA. Topics align with the following objectives:

- Define PFA
- Differentiate PFA from counseling
- Define the elements of psychological toxicity
- Identify the psychological stages of disaster
- Perform psychological triage
- Identify the "mechanisms of action" within PFA
- Implement PFA after scenario-based practice

Instructor: George S. Everly, Jr., PhD, MA, ABPP, FAPA, is a public health scholar and clinical psychologist at the Johns Hopkins Bloomberg School of Public Health. George is the top-rated journal author in the field of psychological first aid and is the author of over 20 books, including *The Johns Hopkins Guide to Psychological First Aid (2nd Ed.)*; *Stronger*; *Leading Beyond Crisis*; and *A Clinical Guide to the Treatment of the Human Stress Response (4th Ed.)*

Considered one of the founders of the field of disaster mental health, George has worked in 39 countries on six continents, responding to the disasters that changed the course of history over the last 50 years.