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## Psychological First Aid DSCLS206A, 09/06

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<b>Description</b>	This basic level Disaster Services course consists of five separate segments and a self-review questionnaire which is completed after the training has been completed. The course provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. In addition, it provides practical suggestions about what you can say and do as you practice the principles of Psychological First Aid.
<b>Purpose</b>	The purpose of this course is to prepare all American Red Cross workers to provide basic care, comfort and support to people who are experiencing disaster-related stress.
<b>Learning Objectives</b>	After completing this training, participants will be able to— <ul style="list-style-type: none"><li>• Describe how to recognize the signs of stress in clients, co-workers and themselves.</li><li>• Apply psychological first aid principles in providing immediate support to people who may be experiencing stress.</li><li>• Describe how to obtain additional mental health support for themselves, co-workers and clients.</li></ul>
<b>Audience</b>	Any potential disaster volunteers and members of local agencies interested in supporting the role of the Red Cross in the community's actions in preparing for, responding to and recovering from emergencies and disasters.
<b>Prerequisites</b>	<b>Recommended:</b> <ul style="list-style-type: none"><li>• <i>Fulfilling Our Mission: Translating Your Compassion Into Community Action</i> (DSGEN200A, 07/06)</li><li>• <i>Working with Total Diversity</i> (ARC 1503)</li></ul>
<b>Length</b>	This 4-hour course contains 5 segments and two 15-minute breaks. Full attendance of the entire course is required to receive a certificate of completion.
<b>Scheduling</b>	Sponsoring Red Cross units will schedule this training for a minimum of six (6) participants. The maximum number of participants is not to exceed 25.
<b>Instructor Requirements</b>	This course will be taught by authorized Red Cross instructors who are part of the Disaster Mental Health Activity, either locally at a chapter or as part of the Disaster Services Human Resource (DSHR) system.
<b>Materials</b>	For a list of course materials, see the Disaster Training Courses page on CrossNet

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