



## ESSENTIAL PSYCHOLOGICAL FIRST AID (PFA)

### Full day (seven hours)

#### Face-to-face

We use 'LOOK, LISTEN, LINK,' the action principles, which provides a framework and a support process to give practical tools and strategies to help.

Anyone can find themselves in a situation in which they encounter a person in distress. Psychological First Aid (PFA) is a simple, yet powerful way of helping someone in distress, so they feel calm and supported in coping with their challenges. These challenges can be personal, work related or affect the whole community.

### Learning Outcomes

#### Participants will:

- Understand PFA:
  - What PFA is and what it is not
  - Become familiar with distress reactions
- Have tools to be able to provide PFA using:
  - The Five Elements
  - LOOK, LISTEN and LINK
- Practise providing PFA

