



# Virtual Psychological First Aid

## What is Psychological First Aid (PFA)?

PFA is an evidence-informed community model training for social service providers. Trainees will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster or personal crisis. The curriculum integrates public health, community health and individual psychology by drawing upon skills the trainees probably already have.

## Participants will learn:

- The impact traumatic experiences can have on individuals and how compassion fatigue impacts front line staff and first responders
- The four elements of the PFA framework and how to apply them to support someone who has experienced a traumatic event
- How to recognize when an individual should be referred to a mental health professional

The goal of PFA is to teach trainees how to reduce distress and negative health behaviors by providing practical help and promote resilience.

## Who should attend?

Social service providers who work with community members (nonprofits, direct service staff, community health workers or other professionals).

## Upcoming class

**Thursday, October 5, 12 - 2:00 p.m.**

**Register: <https://PFAOct5.eventbrite.com>**

*Instructor: Kelly Campbell, Grand Itasca Clinic and Hospital*

## This class is free!

All participants will receive a handout with practical skills to refer to in the future

Contact [Kathryn.taylor@fairview.org](mailto:Kathryn.taylor@fairview.org) with any questions.

