



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, April 6, 10:00 am - 12:00 pm

Register: <https://April6MHFA.eventbrite.com>

Instructor: Kelly Campbell, Grand Itasca Clinic and Hospital

This class is free!

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

Contact Kathryn.taylor@fairview.org with any questions.

