



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?

Anyone can attend! This training is for community members or professionals, including community volunteers, frontline staff, nonprofit workers, direct service staff, community health workers and other professionals.

mhealthfairview.org



FREE Upcoming VIRTUAL training via Zoom:

Thursday, September 26, 12 – 2 p.m.

Instructor: Kelly Campbell, GICH

Register: [HERE](#)

Or contact:

Kathryn.taylor@fairview.org

CEU's are available.

*This training is presented by M Health Fairview
Community Advancement*