

SEMESTER 1st

SKILL ENHANCEMENT COURSE (SEC)

PSY122S PSYCHOLOGY (PSYCHOLOGICAL FIRST AID - PFA)

CREDITS: THEORY = 2; TUTORIALS = 2

Course Learning Objectives

This course is aimed at increasing the learners' abilities to:

- Learn and apply psychological first aid
- Manage psychological crisis reactions
- Practice self-care

THEORY (2 CREDITS)

Unit 1: Introduction to Psychological First Aid (PFA)

- Concept and Development of PFA
- Core Competencies of PFA

Unit 2: Practicing the Art of PFA

- Rapport and Reflective Listening
- Assessment of Needs
- Prioritization
- Intervention
- Disposition

TUTORIALS (2 CREDITS)

- 1) Demonstration of PFA (Relevant videos and practical sessions)
- 2) Demonstration of RAPID model (Relevant videos and practical sessions)

References

1. American Psychiatric Association. (1954). *Psychological first aid in community disasters*. Washington, DC: Author.
2. Baker, E. K. (2003). Caring for ourselves as psychologists. *The Register Report*, 28, 7–10. <http://www.nationalregister.org/trr.html>.
3. Dieltjens, T., Moonens, I., Van Praet, K., De Buck, E., & Vandekerckhove, P. (2014). A systematic literature search on psychological first aid: lack of evidence to develop guidelines. *PloS one*, 9(12), e114714. <https://doi.org/10.1371/journal.pone.0114714>
4. Everly, G. S., Jr. (1999). Toward a model of psychological triage. *International Journal of Emergency Mental Health*, 1, 151–154.
5. Everly, G. S., Jr., & Lating, J. M. (2013). *A clinical guide to the treatment of the human stress response* (3rd ed.). New York, NY: Springer.
6. Harrison, R. L., & Westwood, M. J. (2009). Preventing vicarious traumatization of mental health therapists: Identifying protective practices. *Psychotherapy Theory, Research, Practice, Training*, 46, 203–219.
7. Hill, C. E. (2009). *Helping skills: Facilitating exploration, insight, and action* (3rd ed.). Washington, DC: American Psychological Association.
8. Raphael, B. (1986). *When disaster strikes: How individuals and communities cope with catastrophe*. New York, NY: Basic Books.
9. Weiten, W. (2013). *Psychology: Themes and variations* (9th ed.). Belmont, CA: Wadsworth Cengage Learning.