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# PSYCHOLOGICAL FIRST AID COURSE

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## Facilitator Guide



Ethiopian Public Health Institute  
Addis Ababa, Ethiopia  
March 2022

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## Participant Manual



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## **Course Description**

This is 3 days psychological first aid training is Prepared for Public health personnel, public health educators, and Emergency responders/Disaster workers to apply the psychological first aid Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition). The RAPID model is readily applicable to public health settings, the workplace, the military, faith-based organizations, mass disaster, and dealing with the psychological aftermath of accidents, robberies, suicide, homicide, or community violence.

## **Course Goal**

To provide participants with necessary knowledge, skill and attitude needed to stabilize and mitigate acute distress

## **Learning Objectives**

By the end of this training course, the participants will be able to:

- Discuss key concepts related to PFA
- Listen reflectively
- Differentiate benign, non-incapacitating psychological/ behavioral crisis reactions from more severe, potentially incapacitating, crisis reactions
- Prioritize (triage) psychological/ behavioral crisis reactions
- Mitigate acute distress and dysfunction, as appropriate
- Recognize when to facilitate access to further mental health support

## **Learning Methods**

- Brief Lecture/presentation
- Simulation
- Case study
- Individual and group exercise
- games

## **Reference**

- WHO PFA guideline

### **Participation selection criteria**

Participants of this course should be individuals such as public health personnel, public health educators, and Emergency responders, Disaster workers with little or no formal mental health training.

### **Training Material/Aid**

- PFA training package (Participant Manual, PPT & Facilitators Guide)
- LCD Projector
- Speakers
- Flip charts and Marker
- Laptop Computer
- Notebooks, Pens & A4 size papers

### **Methods of Evaluations**

#### **Participant**

- Formative assessment
  - ✓ Self-assessment (pre-test)
  - ✓ Group exercise
- Summative assessment
  - ✓ Knowledge assessment (70%): Post-test questionnaire
  - ✓ Participant's activity (30%): Attendance & participation

#### **Course**

- Daily Evaluation by participants
- Daily trainer's feedback evaluation
- End of Course evaluation

#### **Trainer**

- Evaluation by participants using trainer evaluation checklist.

**Certification Criteria:**

Learners must pass all of the evaluations with a score of 70% or better to pass this module and a certificate.

**Trainers' selection criteria**

Must be certified in psychological first aid, have a psychology background, and have participated in at least one in-service training.

**Course Venue**

- Accommodative Hall (Well ventilated, well illuminated)

**Duration**

- 3 days

**Compositions**

- 25 participants
- 2-3 trainers