

Other Psychological First Aid Manuals and Facilitator Guides

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List 1: Designed for public health workers, emergency responders, healthcare workers, social workers etc., and volunteers working directly with children or adults in emergencies or in the aftermath of conflicts, natural disasters, and critical events.

Resource 1:

Title: Lay Counseling 2-Day Training Workshop

Organization: FEMA/Ready.gov

Year: 2013

Description: This resource is a 2-day training PowerPoint presentation with a section on PFA. The link includes handouts on PFA do's and don'ts, step-by-step PFA, practice dialogue, PFA role-play (natural disaster, violence, accident, broken heart, rape, divorce, forced marriage, death, and news of illness), strategies for stress management, and peer support strategies.

Special Features: Available in English, German, French, and Danish.

Link:

<http://pscentre.org/topics/lay-counselling-additional-resources>

Note: Upon opening this link, click “Lay Counselling Activities – Handouts – Zipped files.” This will open a file where you will find all of the resources needed to facilitate trainings. The file, “Lay_EN_Powerpoint Presentation.ppt” is the full training guide for lay counselling, but it has a section on PFA.

Resource 2:

Title: Psychological First Aid Medical Reserve Corps Field Operations Guide

Organization: Medical Reserve Corp, National Child Traumatic Stress Network, National Center for PTSD

Year: 2006

Description: Provides information about how to conduct and utilize PFA in a textbook format. This book is useful for Medical Reserve Corps staff, or other volunteers with intended use with children, adolescents, parents/caretakers, families, and adults. This training includes survivors with disabilities. It does not include role-play scenarios. It includes useful handouts for survivors.

Link:

<http://archived.naccho.org/topics/emergency/MRC/resources/upload/MRC-PFA-Field-Operations-Guide.pdf>

Resource 3:

Title: Psychological First Aid Field Operations Guide 2nd Edition

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2006

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. Its intended use is for survivors, infants and toddlers, pre-school age children, school age children, adolescents, adults, and alcohol and drug users after disaster. Includes useful handouts for survivors.

Special Features: Manual in English, Spanish, Japanese & Chinese.

Link:

http://www.nctsn.org/sites/default/files/pfa/english/1-psyfirstaid_final_complete_manual.pdf
and <http://www.nctsn.org/content/psychological-first-aid>

Resource 4:

Title: PFA: Guide for Field Workers

Organization: World Health Organization (WHO)

Year: 2011

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios.

Special Features: This manual is available in Arabic, Chinese, Dutch, English, Farsi, French, German, Greek, Japanese, Kiswahili, Korean, Portuguese, Romanian, Russian, Sinhala, Slovenian, Spanish, Tamil, Turkish, and Urdu.

Link:

http://www.who.int/mental_health/publications/guide_field_workers/en/

Resource 5:

Title: PFA: Facilitator’s Manual for Field Workers

Organization: World Health Organization (WHO)

Year: 2013

Description: This resource is a PFA facilitator guide for a 5.5 hour training. It includes ice breakers, group exercises, individual exercises, etc. It also includes other resources such as a PFA pocket guide, role-play examples for larger groups, handouts for helping children, exercise to demonstrate the severity of vulnerable people during crisis, and a full-day orientation agenda. Includes useful role play models - Uses a lot of variety such as survivors who were elderly, pregnant, etc.

Link:

http://apps.who.int/iris/bitstream/10665/102380/1/9789241548618_eng.pdf

Resource 6:

Title: Facilitation Manual Psychological First Aid during Ebola Disease Outbreaks

Organization: World Health Organization (WHO)

Year: 2014

Description: This resource is a PFA facilitator guide for a 5.5 hour training to teach PFA during Ebola Disease Outbreaks specifically. It includes role-play scenarios, but they are very basic.

Link:

http://apps.who.int/iris/bitstream/10665/144725/1/9789241548977_eng.pdf

and

http://apps.who.int/iris/bitstream/10665/131682/1/9789241548847_eng.pdf

List 2: Designed for parents and adults working with children and teens in emergencies or in the aftermath of conflicts, natural disasters, and critical events.

Resource 7:

Title: Listen Protect and Connect: Psychological First Aid for Children and Parents

Organization: FEMA/Ready.gov

Year: 2006

Description: 3 steps of PFA for children. This booklet includes questions to help engage the trainees. It does not include practice scenarios.

Link:

https://www.ready.gov/sites/default/files/documents/files/psychological_firstaid%5B1%5D.pdf

Resource 8:

Title: Listen Protect and Connect: Psychological First Aid for Teachers and Schools

Organization: FEMA/Ready.gov

Year: 2006

Description: 5 steps of PFA for children. This booklet includes questions to help engage the trainees. It does not include practice scenarios.

Link:

<http://www.ready.gov/document/psychological-first-aid-teachers-and-schools>

Resource 9:

Title: Psychological First Aid Field Operations Guide 2nd Edition

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2006

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. Its intended use is for survivors, infants and toddlers, pre-school age children, school age children, adolescents, adults, and alcohol and drug users after disaster. Includes useful handouts for survivors.

Special Features: Manual in English, Spanish, Japanese & Chinese.

Link:

http://www.nctsn.org/sites/default/files/pfa/english/1-psyfirstaid_final_complete_manual.pdf

and

<http://www.nctsn.org/content/psychological-first-aid>

Resource 10:

Title: PFA Field Operations Guide for Schools

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2009

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios.

Link:

http://www.nctsn.org/sites/default/files/pfa/school/1-PFA_for_Schools_final.pdf

Resource 11:

Title: PFA training Manual for Child Practitioners

Organization: Save the Children

Year: 2013

Description: This resource includes a 2-day training manual for child practitioners in PFA, a PowerPoint to facilitate the 2-day training, a 1-day training manual for staff, a PowerPoint to facilitate the 1-day training, and a demonstration cartoon video (not in English).

Special Features: Manual available in English, Spanish, French and Arabic

Link:

<http://resourcecentre.savethechildren.se/library/save-children-psychological-first-aid-training-manual-child-practitioners>

and http://resourcecentre.savethechildren.se/sites/default/files/documents/final_pfa.pdf

List 3: Designed to train public health workers and emergency responders who serve during stressful situations to learn to develop psychological resilience that will mitigate the emotional toll that emergencies and disasters take. Ideally, this will enable them to function more effectively.

Resource 12:

Title: Facilitator's Guide Dealing with Stress in Disasters: Building Psychological Resilience

Organization: Local Public Health Institute of MA

Year: 2012

Description: This guide facilitates a 4-hour online module. It includes discussion questions, group activities, and role-play scenarios. It is useful for peer-to-peer support among responders to emergencies and disasters.

Link:

<http://www.masslocalinstitute.info/StressinDisasters/FacGuide.pdf>

and <http://sites.bu.edu/masslocalinstitute/2011/10/19/dealing-with-stress-in-disasters/>

List 4: Designed for religious leaders and practitioners to assist their faith-based communities in emergencies or in the aftermath of conflicts, natural disasters, and critical events.

Resource 13:

Title: PFA Field Operators Guide for Community Religious Professionals

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2006

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. It has useful handouts.

Link:

http://www.nctsn.org/sites/default/files/assets/pdfs/CRP-PFA_Guide.pdf

List 5: Designed for shelter providers to use to meet the needs of this highly traumatized population after conflicts, natural disasters, and critical events.

Resource 14:

Title: PFA for Families Experiencing Homelessness

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2009

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. It has useful handouts for survivors.

Link:

http://www.nctsn.org/sites/default/files/assets/pdfs/PFA_Families_homelessness.pdf

Resource 15:

Title: PFA for Youth Experiencing Homelessness

Organization: National Child Traumatic Stress Network, National Center for PTSD

Year: 2009

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. It has useful handouts for survivors. Intended use for direct care staff working in drop-in centers, emergency and transitional shelters, and group homes.

Link:

http://www.nctsn.org/sites/default/files/assets/pdfs/pfa_homeless_youth.pdf

List 6: Designed for nursing home staff and volunteers to assist frail elders, residents with serious physical and/or mental illness, etc. in emergencies or in the aftermath of conflicts, natural disasters, and critical events.

Resource 16:

Title: Psychological First Aid - Field Operations Guide for Nursing Homes

Organization: Florida Long Term Care Emergency Preparedness

Year: 2014

Description: Provides information about how to conduct and utilize PFA in a textbook format. It does not include role-play scenarios. It has useful handouts.

Link:

<http://www.fhca.org/images/uploads/pdf/PsychologicalFirstAid%20nd%20Edition.pdf>