

**FREE training**

# Psychological First Aid (virtual)

## 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 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 promoting 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.



To register, scan the QR code with your phone's camera or click here: [redcap.link/PFAregistration](https://redcap.link/PFAregistration)

For more information contact: [communityhealthandwellbeing@fairview.org](mailto:communityhealthandwellbeing@fairview.org)

## FREE training classes:

June 11, 12 – 2 p.m.

June 18, 10 a.m. – 12 p.m. (Spanish)

June 25, 2 – 4 p.m.

July 15, 10 a.m. - 12 p.m.

Aug.18, 1 – 3 p.m.

Sept. 10, 2 – 4 p.m.

Sept. 23, 12 – 2 p.m.

Sept. 29, 10 a.m. – 12 p.m.

All participants will receive a handout which outlines the Psychological First Aid framework. CEU's are available.