

**The Iowa Department of Human Services
Mental Health and Disability Services Division**

**Psychological First Aid
Provider Course**

Psychological First Aid (PFA) is an emerging intervention that can be used during the immediate response phase of any critical incident or disaster. The primary objectives of PFA are to promote safety, create calm, connect to others, self-efficacy and instill hope. By completing this training, participants will be able to: recognize opportunities to use PFA, demonstrate active listening skills, normalize psychological reactions as appropriate, teach stress management techniques, recognize adaptive coping versus maladaptive coping, identify sources of interpersonal support and use crisis communication techniques with individual disaster survivors and disaster workers.

Psychological First Aid Core Actions that will be taught include:

- Contact and Engagement
- Stabilization
- Information Gathering
- Practical Assistance
- Connection with Social Supports
- Information on Coping
- Safety and Comfort
- Linkage with Collaborative Services

**You may attend this training at: Mary Greeley Medical Center –
Bessie Myers Auditorium
1111 Duff Avenue
Ames, IA 50010**

Date: November 12, 2019

Time: 0900 to 1600

Cost: There is no cost for the class. Lunch will be on your own.

6.0 CEU`s for licensed mental health professionals.

RSVP via Eventbrite at <https://www.eventbrite.com/e/74854841847>

For questions regarding the training please e-mail nicole@1bsahcc.org

REGISTRATION REQUIRED