



ONLINE
WEBINAR
@
FACE
TO FACE



PSYCHOLOGY FIRST AIDER

Basic skills and knowledge to respond effectively
to psychological crises and provide initial support



INTRODUCTION

Accidents have a profound impact on individuals, affecting them not only physically but also emotionally and psychologically. While physical injuries may heal with time, the emotional scars left by traumatic events often require a more nuanced approach to recovery. Trauma from accidents can manifest in various forms, including anxiety, fear, sadness and even post-traumatic stress disorder (PTSD). These psychological effects, if left unaddressed, can interfere with an individual's daily functioning, relationships and overall well-being. Recognizing the need for immediate psychological intervention is crucial to helping victims process their emotions and begin their journey toward recovery.

One effective method of providing this support is through Psychology First Aid (PFA), which offers immediate and compassionate care to mitigate the emotional and mental impact of trauma. PFA focuses on creating a sense of safety, reducing stress and promoting resilience among those affected. This approach is not only about listening and comforting but also about guiding individuals toward stabilization and recovery by addressing their immediate emotional needs. This module is designed to equip individuals with a comprehensive understanding of PFA, including its principles, techniques and practical applications. By mastering these skills, participants will be empowered to offer meaningful support to trauma victims, enabling them to regain emotional balance and take the first steps toward healing.



OBJECTIVE

1

Understanding the Concept of Psychology First Aid:

To provide an understanding of what PFA is, its goals and its importance in helping victims of trauma resulting from accidents.

2

Recognizing Signs of Trauma:

To provide information on the symptoms and signs of psychological trauma that may be experienced by accident victims.

3

Providing Initial Psychological Support to Victims:

To teach participants how to provide emotional and psychological support to victims using appropriate PFA techniques.

4

Avoiding Mistakes in Providing Support:

To prevent actions that may worsen the victim's condition, such as ignoring or intensifying their trauma.

5

Using Tools and Resources to Manage Trauma:

To enhance participants' ability to use various techniques and resources to effectively support trauma victims.

MODULE 1:**INTRODUCTION TO PSYCHOLOGY
FIRST AIDER**

To understand the basics of Psychology First Aider (PFA), its role, and its importance as initial psychological support for affected individuals.

MODULE 2:**UNDERSTANDING PSYCHOLOGICAL
REACTIONS DURING CRISIS**

Focuses on understanding the common psychological reactions people experience during a crisis. Participants will gain insights into how individuals react emotionally, mentally and physically to traumatic or stressful events. Recognizing these reactions is key to offering effective support.

MODULE 3:**CRISIS COMMUNICATION TECHNIQUES
(ACTIVE LISTENING)**

Emphasizes the critical communication skills required during a crisis. Participants will learn the art of active listening—a powerful tool for providing comfort and support. Effective listening techniques allow a PFA to understand the needs of the affected individual and offer emotional validation.

MODULE 4:**PFA MODEL - 5 STEPS OF
INITIAL SUPPORT**

Participants will learn the 5-step model of PFA, a structured approach to offering psychological first aid. This model helps guide PFAs through the process of offering effective support in moments of crisis, ensuring that individuals feel heard, safe and connected to further resources.

MODULE 5:

CREATING A SAFE ENVIRONMENT

Safe Space: Establishing calm, secure surroundings for victims.

Managing Emotional Emergencies: Reducing anxiety and fear after an accident.

MODULE 6:

MANAGING VICTIMS' EMOTIONS AND RESPONSES

Emotion Management: Techniques for addressing anger, fear and sadness.

Calming Strategies: Breathing techniques, visualization and positive thinking to alleviate stress.

MODULE 7:

LONG-TERM SUPPORT AND RECOVERY

Post-Trauma Support: Ongoing assistance and steps for recovery, including therapy.

Utilizing External Resources: Encouraging the use of psychologists, counselors, and support groups for further treatment.



CONCLUSION

The Psychology First Aid (PFA) for Accident Victims training program is designed to equip participants with the knowledge and skills needed to provide effective psychological support to trauma victims resulting from accidents. By understanding the core principles of PFA, recognizing trauma signs and using appropriate support techniques, participants will be able to help victims regain emotional stability in the initial stages.

Effective PFA not only helps victims cope with trauma but also positively impacts the formation of a compassionate community that is aware of individuals' psychological well-being.

It is hoped that participants will be able to:

- 1. Provide swift and effective psychological support.**
- 2. Assist victims in managing their emotions and trauma.**
- 3. Increase public awareness about the importance of Psychology First Aid in dealing with psychological emergencies following accidents.**

With this, we hope all participants will apply the knowledge gained to offer effective support to accident victims and trauma survivors.



For more information, please visit the official website or contact us at.

irkazren.com / 012 -588 0881 / trainingacademy@ktas.my

TRUSTED TRAINING PROVIDER IN EMOTION & PSYCHOLOGY