

# **Psychological First Aid (PFA) Syllabus**

Presentation by Lynette J. McDonald, MSW, LCSW

PFA Goals

Who can be helped

Helping responsibly

Respecting individuals

Dos and Don'ts

Awareness of other emergency response

Look after yourself

What to say and do (and not)

Preparation to enter site

Look, listen and link

Situation evaluation

Special situations

Calming others

Frequent needs

Coping strategies

Giving information

Wrapping up

More about special situations – esp. children

All presentation materials taken from:

***Psychological First Aid: Guide for field workers***

Produced by the World Health Organization (WHO)

The Guide is available for free download on the web at:

[whqlibdoc.who.int/publications/2011/9789241548205\\_eng.pdf](http://whqlibdoc.who.int/publications/2011/9789241548205_eng.pdf)