

Psychological First Aid Training

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

Psychological First Aid Training is a course that is available in addition to the DBHRT Basic Training courses. All those interested in becoming a member of a Disaster Behavior Health Response Team must complete mandatory "Basic Training" courses to be considered for a team.

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, promote 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
- use crisis communication techniques with individual disaster survivors and disaster workers

Those interested may attend this training at these locations:

WATERLOO

Psychological First Aid

Tuesday, February 16th

9:00AM TO 4:00PM

Waterloo, Iowa, *exact location to be announced*

6.0 FREE CEU'S, lunch provided

RSVP REQUIRED FOR THIS TRAINING

DES MOINES (This class location is now FULL with a waiting list)

Psychological First Aid

Wednesday, February 17th

9:00AM TO 4:00PM

Des Moines, Iowa, *exact location to be announced*

6.0 FREE CEU'S, lunch provided

RSVP REQUIRED FOR THIS TRAINING

**There is no cost to attend
6.0 CEU`s for licensed mental health professionals**

RSVP REQUIRED by email to khyatt@dhs.state.ia.us or fax 515-242-6036.

Please include the following:

NAME:

AGENCY:

LOCATION of TRAINING:

EMAIL: