

Concept Note

IFRC Asia Pacific Regional Office, the IFRC Reference Centre for Psychosocial Support, and Asia Pacific Mental Health and Psychosocial Support Training and Learning Collaborative are proud to announce the on-line Training of Trainers in Psychological First Aid: A Blended Learning Training.

The on-line training of trainers in psychological first aid (PFA) enables participants to train staff and volunteers in basic psychological first aid face to face or online.

The training of trainers builds upon the PS Centre book *A Guide to Psychological First Aid* and on the *Psychological First Aid training module 2* and COVID-19 related on-line training modules.

The basic training is suitable for all psychosocial staff and volunteers and others providing direct care and support to people in distress and is aligned with the MHPSS policy of the Movement. The training content includes managing complex situations and reactions and covers the necessity for self-care.

The training of trainers builds on blended learning where participants study the materials before the on-line pre-training meeting, next dedicate time to plan their own sessions and finally meet for a five-day on-line training. During the training, participants will deliver their sessions supervised by a facilitator and receive feedback from a peer group as well as from a facilitator. The total hours involved in preparation and in on-line sessions amounts to no less than 40 hours.

The training of trainers in basic PFA enables participants to conduct trainings of staff and volunteers in:

- reactions to distress
- what psychological first aid is and what it is not
- the three action principles of 'Look, Listen and Link'
- providing PFA to someone in distress
- considered complex reactions and situations
- being aware of the importance of self-care when helping others.

Who: Red Cross Red Crescent staff and volunteers with mental health and psychosocial support training responsibilities in their National Society

When: **31 May to 4 June 2021**; 11:00am – 3:30 pm Kuala Lumpur/MYT time (UTC/GMT+8)

Pre-training: **17 May 2021** 12 noon to 1:30 pm Kuala Lumpur/MYT time (UTC/GMT+8)

The last date to submit the nomination of the interested candidate for the training of trainers is **29 April 2021**.

Language: The training is conducted in English

Requirements: Training or experience in PFA, good internet connection, basic skills in using ZOOM and digital whiteboards, and a mobile device. Undisturbed time during the training hours. Proficiency in conducting trainings in English

Trainers: Eliza Cheung and Ea Suzanne Akasha

Intensive pre-training study materials:

- A Guide to Psychological First Aid
- Psychological First Aid training module 2
- On-line facilitation in MHPSS
- Psychological First Aid: Five Year Retrospective (2011-2016)

Online training materials:

Online PFA training for COVID-19

<https://pscentre.org/?resource=online-pfa-training-for-covid-19>

Online PFA training for COVID-19 – additional module: Remote supportive communication

<https://pscentre.org/?resource=online-pfa-training-for-covid-19-additional-module-remote-supportive-communication>

Online PFA training for COVID-19 – additional module: Loss & Grief

<https://pscentre.org/?resource=online-pfa-training-for-covid-19-additional-module-loss-grief>

Online PFA training for COVID-19 – additional module: PFA for children

<https://pscentre.org/?resource=online-pfa-training-for-covid-19-additional-module-pfa-for-children>

Online PFA training for COVID-19 – additional module: Caring for staff and volunteers

<https://pscentre.org/?resource=online-pfa-training-for-covid-19-additional-module-caring-for-staff-and-volunteers>

On-line training videos:

Psychological First Aid for COVID-19

<https://pscentre.org/resource-library/multimedia/video/?videoid=CdDjhiHCIPc>

Psychological First Aid for COVID-19 – Caring for staff and volunteers

<https://pscentre.org/resource-library/multimedia/video/?videoid=ue-uXpPzWbQ>

Psychological First Aid for children during COVID-19

<https://pscentre.org/resource-library/multimedia/video/?videoid=8i8CMPhsxT0>