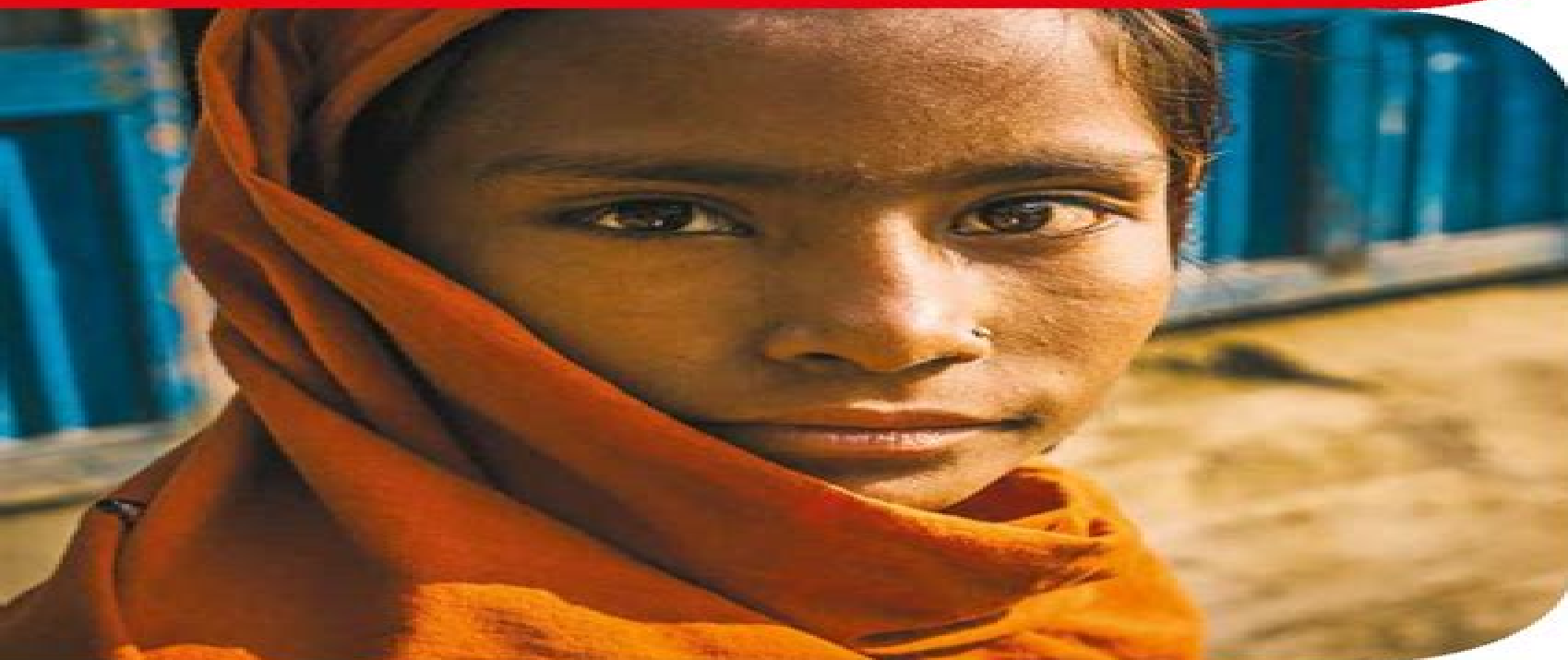


# A Guide to Psychological First Aid



For Red Cross and Red Crescent Societies

**Psychosocial Centre**



International Federation  
of Red Cross and Red Crescent Societies

# Psychological First Aid Manual

**Betty Kitchener,Anthony F. Jorm,Claire  
Kelly**



## **Psychological First Aid Manual:**

**Psychological First Aid** World Health Organization,2014-05 This manual is designed to orient helpers to offer psychological first aid PFA to people following a serious crisis event PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities The instructions and materials in this manual are for a half day orientation 4 hours excluding breaks to prepare helpers to support people recently affected by very stressful events If you have more time available for the orientation extra activities and slides are included in text boxes to deliver a full day orientation five and a half hours excluding breaks Where possible one should organize full day orientations to allow for deeper learning It is important to adapt the orientation and materials to the local culture language and context and to the likely kinds of crisis situations in which your participants would be helping This facilitator s manual is to be used together with Psychological First Aid Guide for Field Workers **Facilitation manual** World Health

Organization,2024-11-15 This manual is designed to orient helpers to offer psychological first aid PFA to people affected by an Ebola outbreak PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities This facilitator s manual is to be used together with the guide Psychological first aid during Ebola virus disease outbreaks World Health Organization CBM World Vision International UNICEF September 2014 This document was provisionally made available in 2014 and updated in 2024 to ensure alignment of all facts on Ebola Virus Disease with the latest evidence **The Johns Hopkins Guide to Psychological First Aid** George S. Everly Jr.,George S.

Everly,Jeffrey M. Lating,2022-08-02 Psychological first aid PFA is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity The second edition of this essential guide describes the principles and practices underpinning the evidence informed and evidence based Johns Hopkins RAPID PFA model in an easy to follow prescriptive and practical manner **INSPIRE Handbook** World Health Organization,2019-02-26 INSPIRE is a resource to

help governments international agencies and non government organisations prevent and respond to violence against children It was developed by 10 international and U S based agencies and includes strategy documents and implementation tools This handbook provides guidance on how to choose and implement interventions based on specific needs and context and is organised around the 7 key INSPIRE strategies implementation and enforcement of laws norms and values safe environments parent and caregiver support income and economic strengthening response and support services and education and life skills The handbook also provides an overview of implementation and impact indicators drawn from the companion document INSPIRE indicator guidance and results framework **Handbook of Thanatology** David K. Meagher,David E.

Balk,2013-07-18 If ever there was an area requiring that the research practice gap be bridged surely it occurs where thanatologists engage with people dealing with human mortality and loss The field of thanatology the study of death and dying is a complex multidisciplinary area that encompasses the range of human experiences emotions expectations and

realities The Handbook of Thanatology is the most authoritative volume in the field providing a single source of up to date scholarship research and practice implications The handbook is the recommended resource for preparation for the prestigious certificate in thanatology CT and fellow in thanatology FT credentials which are administered and granted by ADEC

**Mental Health First Aid Manual** Betty Kitchener,Anthony F. Jorm,Claire Kelly,2013 The 2nd edition Standard MHFA Manual 2010 was written to accompany the 12hr Standard MHFA Course **STRESS AND STRUGGLES**

**Comprehensive Book of Stress, Mental Health & Mental Illness** Bettahalasoor S Somashekar,Narayana Manjunatha,Santosh K Chaturvedi,Bhavika Vajawat,Mohamed Yaasir Mohamudbucus,Prateek Varshney,2025-04-23 The book stress and struggle in the second edition comes with expansion of stress terrain while retaining the basic aspects published in the first edition We have retained all the thirty six chapters from first edition and sixteen new chapters on range of areas are added to the second edition Many of the chapters from the first edition have been updated to include current research and trends Consequently the number of chapters increased from 36 to 53 and number of experts and academicians contributed to the book has increased from 69 to 106 We are indebted to the enthusiastic response and cooperation from the authors for their time and effort to pen complex ideas concepts into easily readable chapters *International Handbook of Workplace Trauma Support* Rick Hughes,Andrew Kinder,Cary Cooper,2012-04-10 The International Handbook of Workplace Trauma Support provides a comprehensive overview of contemporary standards and best practices in trauma support that draws from the latest research findings and experience of international experts in the field Reviews the major contemporary post trauma intervention models in both theory and practice Includes Trauma Risk Management TRiM Support Post Trauma SPoT Eye Movement Desensitization and Reprocessing EMDR Mindfulness and Psychological First Aid PFA Incorporates multi cultural perspectives by reporting on the pervasive violence in South Africa constant threats in Israel and emerging developments in China Includes social psychosocial psychological and organizational dimensions to offer a detailed mapping of trauma support Provides latest thinking for supporting those in the military context *The Oxford Handbook of Behavioral Emergencies and Crises* Phillip M. Kleespies,2016-09-19 The Oxford Handbook of Behavioral Emergencies and Crises includes the most up to date and valuable research on the evaluation and management of the most challenging patients or clients faced by mental health providers individuals who are at high risk of suicide of other directed violence or of becoming the victims of interpersonal violence These are cases in which the outcome can be serious injury or death and there can be negative consequences not only for the patient but also for the patient s family and friends for the assessing or treating clinician and for the patient s clinic or medical center Virtually all mental health clinicians with an active caseload will see individuals with such issues This Handbook is comprised of chapters by leading clinicians researchers and scholars in this area of practice It presents a framework for learning the skills needed for assessing and working competently with such high risk individuals Chapters draw a distinction between behavioral emergencies and crises and between emergency

intervention and crisis intervention The book examines the inter related aspects of the major behavioral emergencies that is for example the degree to which interpersonal victimization may lead an individual on a pathway to later suicidal or violent behavior or the degree to which suicidal individuals and violent individuals may share certain cognitive characteristics This resource is not simply a knowledge base for behavioral emergencies it also presents a method for reducing stress and acquiring skills in working with high risk people Survival Handbook - Manual for Learning How to Persist and Survive U.S. Department of Defense,2022-11-13 The Survival Handbook Manual for Learning How to Persist and Survive serves as an essential guide for individuals facing adversities providing pragmatic strategies rooted in military protocols and psychological resilience The handbook weaves together concise instructions firsthand accounts and vivid illustrations that cater to both amateur survivalists and seasoned adventurers Its style is utilitarian emphasizing clarity and actionable steps creating an accessible text that resonates in various contexts ranging from outdoor expeditions to emergency preparedness This manual is situated within a long tradition of survival literature enriched by the Department of Defense s unique insights into human endurance and crisis management Authored by the U S Department of Defense an institution with profound experience in crisis scenarios and troop readiness the handbook reflects a synthesis of practical wisdom drawn from extensive training and real world experiences The Department s commitment to fostering resilience and survival skills has shaped the handbook making it not only a reflection of procedural knowledge but also a narrative of hope and empowerment in the face of danger This indispensable guide is highly recommended to anyone seeking to enhance their survival skills or cultivate a resilient mindset Whether you are an outdoor enthusiast a student of survival skills or simply someone interested in personal development this handbook offers crucial insights that can transform your approach to both physical and psychological challenges **The Solo Sailor's Handbook** Barrett Williams,ChatGPT,2025-07-14 Embark on an unforgettable journey with The Solo Sailor s Handbook your ultimate guide to navigating the emotional seas of solitary sailing This indispensable eBook delves deep into the psychological aspects of solo sailing offering a wealth of insights and practical tools to help you not just survive but thrive alone on the open water Set sail on a transformative voyage beginning with understanding the emotional complexities of seafaring solitude Discover how common psychological stressors can impact your journey and bust the myths and realities of sailor isolation Explore the fascinating science of loneliness and learn how it influences your body and mind featuring compelling case studies and the role of mindset in safeguarding mental health Equip yourself with strategies for building mental resilience From mindfulness and meditation to your own emotional first aid kit you ll find empowering techniques to maintain your psychological well being Master the art of self reliance with practical advice on self care problem solving under stress and effective time management Staying connected is crucial even when you re alone Uncover communication strategies and the effective use of technology to support your mental health while crafting creative journals and video logs Dive into the importance of preparation and crafting your personalized mental

health toolkit before setting sail The journey doesn't always go smoothly and setbacks are inevitable Learn how to emotionally recover from storms and equipment failures handle disappointments and celebrate your resilience Motivation at sea is key discover ways to set attainable goals and revel in small victories Celebrate the beauty of solitude find joy in the little things and embrace nature's tranquility You'll learn to build a support system recognize when to seek help and continue developing your mental fortitude long after you've returned to shore Real life stories from veteran solo sailors and mental health professionals will inspire and guide you further alongside curated resources for continued growth The Solo Sailor's Handbook is your companion in embracing change growth and the ongoing journey of solo sailing Prepare to empower yourself and transform your solitary sails into an enriching rewarding experience

**U.S. Army Survival Manual** U.S. Department of Defense, 2022-11-13 The U.S. Army Survival Manual is an indispensable guide that encapsulates the extensive training and research conducted by the U.S. Department of Defense This manual rooted in military doctrine presents a clear and practical framework for surviving in diverse environments from arid deserts to frigid terrains Written in a straightforward instructional style it combines layered insights with visual aids ensuring that both novice and experienced individuals can grasp crucial skills including shelter construction water procurement and foraging techniques The manual reflects a comprehensive understanding of survival tactics filtered through the lens of military expertise underscoring the balance between theory and practical application The authorship of this manual stems from a long standing commitment to equip U.S. Army personnel with the essential skills needed to navigate survival situations Drawing from decades of field experience and expert input from survival specialists the manual embodies a synthesis of military wisdom and real world applicability The rigorous testing of these techniques in various environments lends the content a credible authenticity making it a vital resource for any aspiring survivalist For anyone interested in outdoor skills wilderness survival or emergency preparedness the U.S. Army Survival Manual stands out as an authoritative text Its pragmatic approach and detailed instructions not only empower readers with vital knowledge but also instill confidence in their ability to handle unforeseen challenges This manual is highly recommended for adventurers outdoor enthusiasts and anyone seeking to enhance their survival skills

A Guide to Global Mental Health Practice Craig L. Katz, Jan Schuetz-Mueller, 2015-05-01 Drawing on the authors experience in developing and implementing global mental health programs in crisis and development settings A Guide to Global Mental Health Practice Seeing the Unseen is designed for mental health public health and primary care professionals new to this emerging area The guide is organized topically and divided into four sections that move from organizing and delivering global mental health services to clinical practice and from various settings and populations likely to be encountered to special issues unique to global work Case studies based around a central scene are threaded throughout the book to convey what global mental health work actually involves Mental health professionals of all backgrounds including social workers nurses nurse practitioners psychologists and psychiatrists as well as public health professionals and

community level medical professionals and mental health advocates will benefit from this engaging primer It is the book for anyone committed to addressing mental health issues in a low resource or crisis hit setting whether international or domestic

*The Culture of Care, An Issue of Nursing Clinics, E-Book* Kellie Bryant,Tiffani Chidume,2024-01-30 In this issue of Nursing Clinics of North America guest editors Kellie Bryant of Columbia University School of Nursing and Tiffani Chidume of Auburn University College of Nursing bring their considerable expertise to the topic of The Culture of Care Although it has long been debated whether caring can be taught guest editors and authors here examine best practices and strategies to provide optimal patient care This issue will also address caring for special populations that face specific challenges and or have been historically marginalized with a focus on Black mothers and the LGBTQ community Contains 14 relevant practice oriented topics including taking a trauma informed care approach to patient care how do we teach our future generation of nurses to provide emotional support to patients bringing cultural humility to the bedside healing after COVID 19 nurses and self care caring for patients who do not follow healthcare recommendations and more Provides in depth clinical reviews on the culture of care offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

*Handbook of Evidence-Based Therapies for Children and Adolescents* Ric G. Steele,T. David Elkin,Michael C. Roberts,2007-12-03 Growing numbers of young people some 10% to 20% of school age populations have mental health problems requiring intervention and current policy initiatives identify evidence based therapies as the most effective and relevant forms of treatment By reviewing evidence based treatments EBTs across a wide spectrum of conditions the Handbook of Evidence Based Therapies for Children and Adolescents Bridging Science and Practice closes the gaps between children s needs and services as well as those between research training and practice Several EBT options both proved and promising are offered for each covered disorder and are bolstered by case examples tables and reference lists Features include chapters on implementation issues such as diversity family treatment assessment strategies and community settings and step by step guidance for the researcher looking to gather empirical support for therapies With comprehensive coverage provided by numerous leading experts in the field this volume covers the broadest range of disorders over the widest pediatric adolescent age range including Behavioral disorders ADHD aggression bullying Phobias panic disorders school refusal and anxiety Autism and pervasive developmental disorders Depression mood disorders and suicidal behavior Alcohol and drug abuse Eating disorders and obesity PTSD With its emphasis on flexibility and attention to emerging issues the Handbook of Evidence Based Therapies for Children and Adolescents is essential reading for anyone who works to address the mental health needs of children including clinical child school and counseling psychologists clinical social workers and child psychiatrists as well as advanced graduate level studentsin these and other related fields

**Minimum technical standards and recommendations for spinal cord injury management in emergencies** World

Health Organization,2025-02-18 Health emergencies that cause large numbers of traumatic injuries can result in surges of spinal cord injuries SCI in a short period of time that can easily overwhelm health system capacities Limited specialized services lack of awareness or knowledge of SCI management and weak coordination mechanisms may lead to significant delays in appropriate care for patients who have sustained a SCI resulting in preventable and potentially life threatening complications Correct initial management of patients with SCI is vital to long term survival and quality of life This document complements the guidance provided by the WHO EMT publication Classification and minimum standards for emergency medical teams and has been developed to inform about the often unmet need for SCI care in emergencies It provides practical guidance on additional components of SCI specific emergency care for Member States ministries of health national and international EMTs and other key stakeholders wishing to build and enhance specialist SCI management surge capacity and capability and defines minimum standards for the development and classification of respective specialized care teams SCTs within the EMT framework Handbook of PTSD, First Edition Matthew J. Friedman, Terence M. Keane, Patricia A. Resick, 2007-05-29 This handbook reviews the latest scientific advances in understanding trauma and PTSD discussing the implications for clinical practice and evaluating the status of evidence based assessment and treatment **WHO operational handbook on tuberculosis. Module 6** World Health Organization, 2025-01-09 Addressing comorbidities and risk factors for tuberculosis TB is a crucial component of the World Health Organization WHO s End TB Strategy This WHO operational handbook on tuberculosis Module 6 tuberculosis and comorbidities aims to support countries in scaling up people centred care based on the latest WHO recommendations on TB and key comorbidities and drawing upon additional evidence best practices and inputs from various experts and stakeholders obtained during WHO processes It is intended for use by people working in ministries of health particularly TB programmes and the relevant departments or programmes responsible for comorbidities and health related risk factors for TB such as HIV diabetes undernutrition substance use and tobacco use as well as programmes addressing mental health and lung health This operational handbook is a living document and will include a separate section for each of the key TB comorbidities or health related risk factors The third edition includes guidance for HIV associated TB mental health conditions and diabetes which are three conditions strongly associated with TB and which result in higher mortality poorer TB treatment outcomes and negatively impact health related quality of life The operational handbook aims to facilitate early detection proper assessment and adequate management of people affected by TB and comorbidities Full implementation of this guidance is expected to have a significant impact on TB treatment outcomes and health related quality of life for people affected by TB The Handbook of Salutogenesis Maurice B. Mittelmark, Georg F. Bauer, Lenneke Vaandrager, Jürgen M. Pelikan, Shifra Sagy, Monica Eriksson, Bengt Lindström, Claudia Meier Magistretti, 2022-01-01 This open access book is a thorough update and expansion of the 2017 edition of The Handbook of Salutogenesis responding to the rapidly growing salutogenesis research and application arena Revised and updated from the



first edition are background and historical chapters that trace the development of the salutogenic model of health and flesh out the central concepts most notably generalized resistance resources and the sense of coherence that differentiate salutogenesis from pathogenesis From there experts describe a range of real world applications within and outside health contexts Many new chapters emphasize intervention research findings Readers will find numerous practical examples of how to implement salutogenesis to enhance the health and well being of families infants and young children adolescents unemployed young people pre retirement adults and older people A dedicated section addresses how salutogenesis helps tackle vulnerability with chapters on at risk children migrants prisoners emergency workers and disaster stricken communities Wide ranging coverage includes new topics beyond health like intergroup conflict politics and policy making and architecture The book also focuses on applying salutogenesis in birth and neonatal care clinics hospitals and primary care schools and universities workplaces and towns and cities A special section focuses on developments in salutogenesis methods and theory With its comprehensive coverage The Handbook of Salutogenesis 2nd Edition is the standard reference for researchers practitioners and health policy makers who wish to have a thorough grounding in the topic It is also written to support post graduate education courses and self study in public health nursing psychology medicine and social sciences

The Oxford Handbook of Group Counseling Robert K. Conyne, 2011-08-22 Group counseling is a dynamic and valuable treatment device used by therapists throughout the psychological disciplines one that has proven effective in promoting change and growth in a variety of populations and settings The Oxford Handbook of Group Counseling takes an innovative approach to this expansive topic providing both a comprehensive field manual for practitioners and an authoritative reference work for teachers and researchers Comprising 31 topic based chapters by leading practitioners and researchers this handbook covers the full spectrum of current and relevant topics in group counseling including definitions and background history and efficacy key change processes e g therapeutic factors group cohesion group climate group leader strategies and characteristics new applications for group counseling strategies including online groups group counseling with special populations the future of group counseling With roots in the most recent and relevant literature The Oxford Handbook of Group Counseling is an ideal text for training programs counselor education clinical psychology social work or human services or as a reference for researchers in counseling psychology Whoever the reader it a valuable and comprehensive guidebook for both students and practitioners in the growing practice of group counseling

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