

## ABOUT PSYCHOLOGICAL FIRST AID (PFA)


Psychological First Aid (PFA) is a humane, supportive, and practical approach to helping people in the immediate aftermath of a crisis. Endorsed by the WHO and Red Cross, it focuses on promoting safety, calming, and connecting individuals to support without forcing them to recount their trauma.

**HIGHLIGHT: 2-day field visit of institutional/ clinical set-up in Patna**

**Registration has started. Enroll Now!**




<https://forms.gle/tSnSDUepTqvD2ZKR6>

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# Psychological First Aid (PFA)

**CERTIFIED PSYCHOLOGY INTERNSHIP PROGRAM**

## Internship Objectives:

The internship aims to:

1. Understand Psychological First Aid (PFA).
2. Learn the Look, Listen, Link approach.
3. Develop communication and empathy skills.
4. Provide ethical crisis support and referrals.
5. Apply PFA in diverse settings.

## Importance of Psychological First Aid:

- Provides immediate emotional support.
- Promotes safety, calmness, and healthy coping.
- Reduces long-term psychological distress.
- Strengthens social support and community resilience.

## Main Components

1. **Look:** Assess safety, identify urgent needs, and observe signs of distress.
2. **Listen:** Listen actively, respectfully, and validate emotions.
3. **Link:** Connect individuals with support, resources, and professional help.

Course Mode: Online

Course Duration: 1 week

Course Fees: Rs. 3000

**\*Certificates will be provided upon successful completion of the course**

## Module Structure

Module	Topic
Module 1	Introduction to Psychological First
Module 2	Understanding the LOOK, LISTEN, LINK model
Module 3	Active listening & Empathy Training
Module 4	Psychological Responses to Crisis & Trauma
Module 5	Ethics & Cultural Sensitivity in PFA
Module 6	Special Applications of PFA
Module 7	Self Care & Burnout Prevention