

**SEMESTER 1<sup>st</sup>**

**SKILL ENHANCEMENT COURSE**

**Subject: PSYCHOLOGY**

**Title: PSYCHOLOGICAL FIRST AID - PFA**

**Code: BPY22S102**

CREDIT: 4 (THEORY: 02; Tutorial: 02)

CONTACT HOURS: 32 (T) + 32 (T)

**Learning Outcomes:**

1. *Learn and apply psychological first aid*
2. *Manage psychological crisis reactions*
3. *Practice self-care*

**Course Learning Objective:** *This course is aimed at increasing the learners' abilities in managing psychological crisis situations.*

**Theory:**

**Unit 1:** Introduction to Psychological First Aid (PFA)

- A. Concept and Development of PFA
- B. Core Competencies of PFA

**Unit 2:** Practicing the Art of PFA

- A. Rapport and Reflective Listening
- B. Assessment of Needs
- C. Prioritization
- D. Intervention
- E. Disposition

**Tutorials:**

- 1) Demonstration of PFA (Relevant videos and practical sessions)
- 2) Demonstration of RAPID model (Relevant videos and practical sessions)

**Readings:**

1. American Psychiatric Association. (1954). *Psychological first aid in community disasters*. Washington, DC: Author.
2. Baker, E. K. (2003). Caring for ourselves as psychologists. *The Register Report*, 28, 7–10.  
<http://www.nationalregister.org/trr.html>.
3. Dieltjens, T., Moonens, I., Van Praet, K., De Buck, E., & Vandekerckhove, P. (2014). A systematic literature search on psychological first aid: lack of evidence to develop guidelines. *PloS one*, 9(12), e114714.  
<https://doi.org/10.1371/journal.pone.0114714>
4. Everly, G. S., Jr. (1999). Toward a model of psychological triage. *International Journal of Emergency Mental Health*, 1, 151–154.
5. Everly, G. S., Jr., & Lating, J. M. (2013). *A clinical guide to the treatment of the human stress response* (3rd ed.). New York, NY: Springer.
6. Harrison, R. L., & Westwood, M. J. (2009). Preventing vicarious traumatization of mental health therapists: Identifying protective practices. *Psychotherapy Theory, Research, Practice, Training*, 46, 203–219.
7. Hill, C. E. (2009). *Helping skills: Facilitating exploration, insight, and action* (3rd ed.). Washington, DC: American Psychological Association.
8. Raphael, B. (1986). *When disaster strikes: How individuals and communities cope with catastrophe*. New York, NY: Basic Books.
9. Weiten, W. (2013). *Psychology: Themes and variations* (9th ed.). Belmont, CA: Wadsworth Cengage Learning.