

PSYCHOLOGICAL FIRST AID TRAINING



Psychological First Aid (PFA) is a modular approach to assist individuals of all ages after disasters or terrorism. The National Child Traumatic Stress Network and the National Center for PTSD created PFA with input from disaster experts.

WHAT ARE THE PFA CORE ACTIONS?

PFA providers offer early assistance tailored to survivors' needs, with flexibility in time allocation for core actions. These skills are adaptable to diverse settings like shelters, hospitals, hotlines and community locations.



To respond to contacts initiated by survivors, or to initiate contacts in a non-intrusive, compassionate and helpful manner

CONTACT AND ENGAGEMENT



To enhance immediate and ongoing safety, and provide physical and emotional comfort

SAFETY AND COMFORT



To calm and orient emotionally overwhelmed or disoriented survivors

STABILIZATION



To identify immediate needs and concerns, gather additional information, and tailor PFA interventions to identify immediate needs and concerns

INFORMATION GATHERING



To offer practical help to survivors in addressing immediate needs and concerns

PRACTICAL ASSISTANCE



To help establish brief or ongoing contacts with primary support persons and other sources of support, including family members, friends and community helping resources

CONNECTION WITH SOCIAL SUPPORTS



To provide information about stress reactions and coping to reduce distress and promote adaptive functioning

INFORMATION ON COPING



To link survivors with available services needed at the time or in the future

LINKAGE WITH COLLABORATIVE SERVICES

2025 PFA TRAINING DATES



May 12, 2025 at 8AM-4PM
May 13, 2025 at 8AM-4PM
May 14, 2025 at 8AM-4PM



Carlyss Fire Department
5151 Volunteer Road
Sulphur, LA 70665

Need more info? Contact: Capt. Smith
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