

# PSYCHOLOGICAL FIRST AID TRAINING COURSE

## What is PFA?

**Humane supportive response to a fellow human beings suffering and who may need support**

## RAPID Model

### RAPPORT

Training in the art of forming trust through empathy, active listening and mutual respect.

### ASSESSMENT

How to read – Cognitive, behavioural, emotional and psychological distress

### PRIORITIZATION

How to apply Psychological Triage; Prioritize needs of the victim/sufferer

### INTERVENTION

Learn tactics to stabilize and mitigate acute distress

### DISPOSITION

How to provide continued help – Referral, liaison and support

FOR CONTINUED SUPPORT  
TOWARDS PROJECT - C.A.L.M

# MENTAL HEALTH ACTION BY PEOPLE RESOURCE PERSONS



Day - 1

**INTRODUCTION - INDUCTION &  
RAPPORT - DR K GIREESH ,  
CLINICAL PSYCHOLOGIST &  
FOUNDER CHAIRMAN MAP**

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Day - 2

**ASSESSMENT AND APPRAISAL -  
DR TARLOCHAN SINGH  
FOUNDER CHAIRMAN  
PSYCHOWAVE,  
ORGANISING SECRETARY MAP**

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Day - 3

**PRIORITIZATION &  
PSYCHOLOGICAL TRIAGE  
MRS. RITU CHAUHAN,  
CLINICAL PSYCHOLOGIST &  
REATTACH THERAPIST, VICE  
PRESIDENT MAP**

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Day - 4

**INTERVENTION -  
MRS. PRADIPTA SARKAR, CLINICAL  
PSYCHOLOGIST  
COORDINATOR MAP ACADEMICS**

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Day - 5

**DISPOSITION  
MRS. VEENA KRISHNAN,  
CLINICAL PSYCHOLOGIST  
GENERAL SECRETARY MAP**

**ACCOMMODATING TRAINING SCHEDULE  
RANGES FROM 3- 7 DAYS**

# **CONTACT US**

## **FOR TRAINING YOUR FRONTLINE WORKERS & HUMAN RESOURCE**

**WEBSITE:**

**[HTTPS://MAPNGO.ORG/INDEX.HTML](https://mapngo.org/index.html)**

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**FACEBOOK:**

**MAP - MENTAL HEALTH ACTION BY  
PEOPLE**



**PROJECT C.A.L.M**

**EMPOWERMENT, ASSISTANCE AND  
RESILLIENCE BUILDING BY MAP**