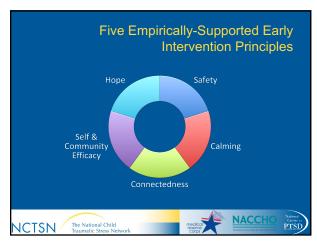


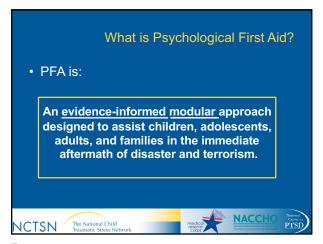
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Psychological First Aid Developed By: • National Child Traumatic Stress Network – www.NCTSN.org • National Center for Posttraumatic Stress Disorder – www.ncptsd.va.gov

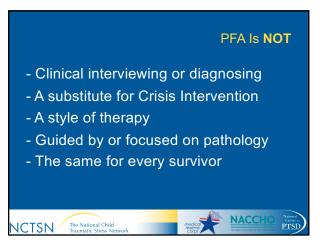
Psychological First Aid Authors • Melissa Brymer, Ph.D., Psy.D. • Ann Jacobs, Ph.D. • Christopher Layne, Ph.D. • Robert Pynoos, M.D., MPH • Josef Ruzek, Ph.D. • Alan Steinberg, Ph.D. • Eric Vernberg, Ph.D., ABPP • Patricia Watson, Ph.D.



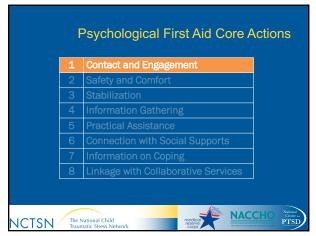




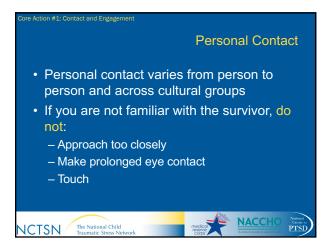


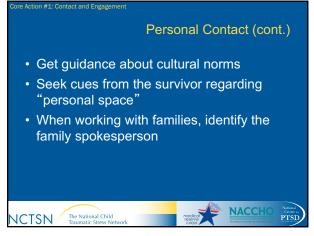


	F	Psychological First Aid Core A	ctions
	1	Contact and Engagement	
	2	Safety and Comfort	
	3	Stabilization	
	4	Information Gathering	
	5	Practical Assistance	
	6	Connection with Social Supports	
	7	Information on Coping	
	8	Linkage with Collaborative Services	
NCTSN		National Child	CHO National Center s. PTSD

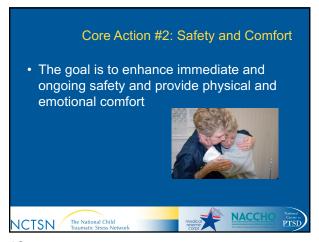






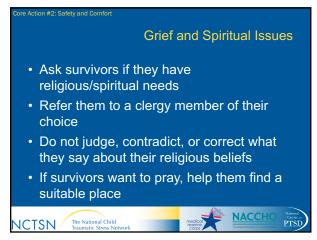




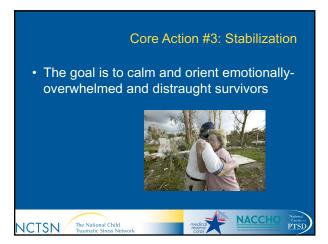






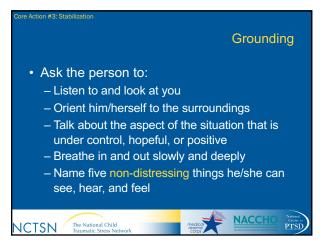


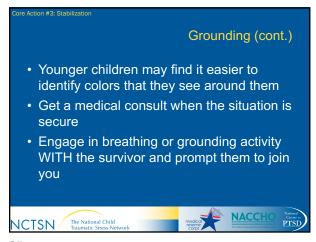


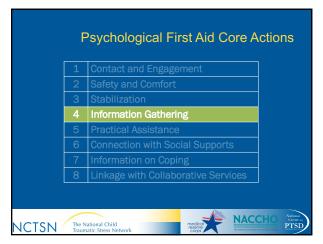






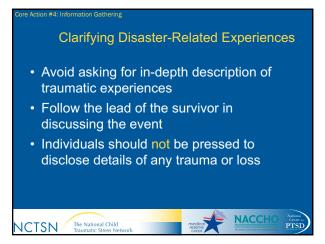






Core Action #4: Information Gathering The goal is to identify immediate needs and concerns, gather additional information, and tailor PFA interventions It is used to determine: Need for immediate referral Need for any additional available ancillary services Which components of PFA may be helpful



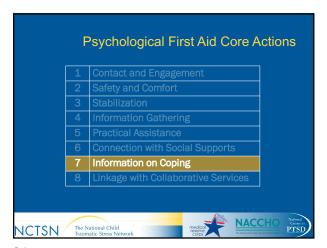


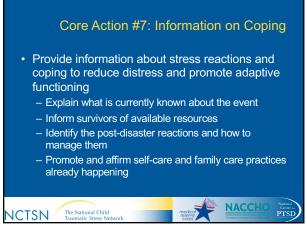


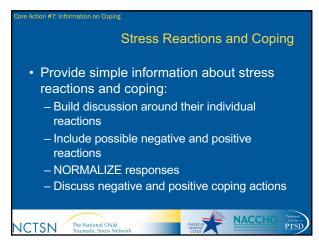
Core Action #5: Practical Assistance • Offer practical help to survivors in addressing immediate needs and concerns — Identify the most immediate need — Clarify the need — Discuss an action response — Act to address the need — Help set ACHIEVABLE goals

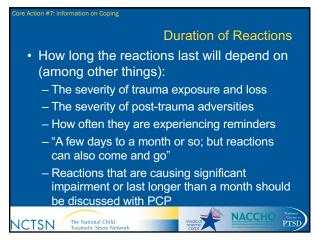


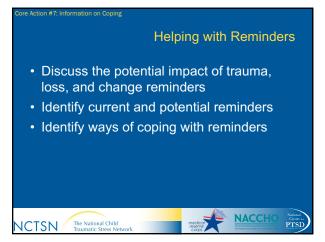




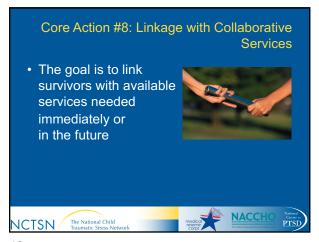














Provider Care: Management Mandated rotation where workers are moved from the most highly exposed assignments to varied levels of exposure Enforced support by providing/encouraging: Regular supervision Regular case conferences Peer partners and peer consultation

Provider Care: Personal Limit daily numbers of most severe cases Utilize the buddy system to share distressing emotional responses Use benefit time, vacation, personal time Access supervision routinely Practice stress management during the workday Stay aware of limitations and needs

NACCHO

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NCTSN The National Child Traumatic Stress Network

Provider Care: Following Disaster Response Expect a readjustment period upon returning home Discuss the situation with coworkers and management Participate in formal help if extreme stress persists Ask help in parenting, if you feel irritable or have difficulties adjusting

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Take Home Messages Utilize a flexible, pragmatic, approach, specific to the need, context, and phase of recovery Refer to the Field Operations Guide for detailed information and handouts Take care of yourself and your colleagues Document progress to move the field forward