

INTRODUCTION TO PSYCHOLOGICAL FIRST AID

Psychological first aid is an alternative to psychological debriefing. In 2009, the World Health Organization's (WHO) mhGAP Guidelines Development Group evaluated the evidence for psychological first aid and psychological debriefing. They concluded that psychological first aid, rather than psychological debriefing, should be offered to people in severe distress after being recently exposed to a traumatic event.

Objective.

To obtain a basic knowledge on PFA and how we can use this principles in our workplace, community and with our families. To help us to know the most supportive things to say and do for people who are distressed and to approach a new situation safely for ourselves and others without causing harm by our actions.

