



亞洲創傷心理研究學會  
**Asian Society for Traumatic Stress Studies**  
 Email: [info@asianstss.org](mailto:info@asianstss.org) Website: [www.asianstss.org](http://www.asianstss.org)



香港紅十字會  
**HONG KONG RED CROSS**

## 2-Day Workshop on Psychological First Aid & Psychological Recovery by Dr. Melissa Brymer & Prof. Robert Pynoos

16 & 17 September 2010

*Co-organizers:*

*Asian Society for Traumatic Stress Studies (AsianSTSS) & Hong Kong Red Cross (HKRC)*

**Opening Remarks: Lady Ivy Wu, JP, Director of Hong Kong Red Cross**



**Dr. Melissa Brymer** (left) is the first author of the Psychological First Aid (PFA) Field Operations Guide, the Director of the Terrorism & Disaster Programs at the National Center for Child Traumatic Stress in the Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles. She has conducted over 60 trainings and workshop presentations on PFA.



**Professor Robert Pynoos** (right) is the Special Consultant of the American Academy of Child and Adolescent Psychiatry Task Force on Crisis and Disaster Preparedness. Professor Pynoos specializes in adopting the PFA for children and adolescents.

Psychological First Aid (PFA) has become the standard of practice in the immediate aftermath of mass casualty events, with recommendation of the ISAC Guidelines on Mental Health and Psychosocial Support in Emergency Settings. PFA is an evidence-informed acute intervention for children, adults, and families impacted by disasters and terrorism. It is designed to reduce the initial distress caused by disasters and to foster short- and long-term adaptive functioning and coping. Participants will review how to implement PFA in different settings and address how staff of different disciplines can all take a role in acute crises. Skills for Psychological Recovery (SPR) will also be discussed. SPR is an evidence-informed modular approach to help children, adolescents, adults, and families in the weeks and months after disasters beyond the period where PFA is utilized. SPR is a strength-based skills-training model designed to accelerate recovery, enhance coping, and increase self-efficacy. Participants will actively practice these skills and learn how to adapt them with culturally diverse populations and in different settings.

<p><b>Day One:</b> 16 September 2010 (Thur) (0845-1700)  <b>Modernizing Disaster Mental Health and Acute Disaster Response: Providing Psychological First Aid (PFA)</b></p> <ul style="list-style-type: none"> <li>• Overview of modern principles and strategies for public disaster mental health response and recovery</li> <li>• Understand the eight basic objectives and intervention strategies of PFA</li> <li>• Adaptation of PFA in diverse settings including schools, hospitals, shelters and community settings</li> </ul>	<p><b>Day Two:</b> 17 September 2010 (Fri) (0845-1700)  <b>Resilience and Recovery: Applying Skills for Psychological Recovery (SPR)</b></p> <ul style="list-style-type: none"> <li>• Review of the six core empirically-derived skill sets and will engage participants in practicing SPR</li> <li>• Identify the basic objectives and intervention strategies of SPR</li> <li>• Adaptation of SPR in diverse settings including schools, hospitals, shelters and community settings</li> </ul>
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**Venue:** Room 8-10, 7/F, Hong Kong International Trade & Exhibition Centre  
 1 Trademart Drive, Kowloon Bay, Kowloon, Hong Kong  
**Medium of Instruction:** English

*Pending for CE accreditation from various colleges and professional bodies.*



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**2-Day Workshop on Psychological First Aid & Psychological Recovery**  
**by Dr. Melissa Brymer & Prof. Robert Pynoos**  
 16 & 17 September 2010

**Enrolment Form**

Title: \_\_\_\_\_ Name (with surname in block letters) : \_\_\_\_\_  
 Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_ Email: \_\_\_\_\_  
 Correspondence Address: \_\_\_\_\_

Profession: \_\_\_\_\_ Position held: \_\_\_\_\_ Organization: \_\_\_\_\_

**Enrolment details (please tick as appropriate):**

**For Registration on or before 16 August 2010**

	Sept 16 only	Sept 17 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$525	<input type="checkbox"/> HK\$525	<input type="checkbox"/> HK\$950
AsianSTSS Student member	<input type="checkbox"/> HK\$260	<input type="checkbox"/> HK\$260	<input type="checkbox"/> HK\$480
Non-member	<input type="checkbox"/> HK\$665	<input type="checkbox"/> HK\$665	<input type="checkbox"/> HK\$1,230

**For Registration after 16 August 2010**

	Sept 16 only	Sept 17 only	Both workshops
AsianSTSS Member	<input type="checkbox"/> HK\$550	<input type="checkbox"/> HK\$550	<input type="checkbox"/> HK\$1000
AsianSTSS Student member	<input type="checkbox"/> HK\$275	<input type="checkbox"/> HK\$275	<input type="checkbox"/> HK\$500
Non-member	<input type="checkbox"/> HK\$700	<input type="checkbox"/> HK\$700	<input type="checkbox"/> HK\$1,300

**Join AsianSTSS now and receive member's rate!**

Please complete and return the enrolment form with a crossed cheque payable to  
**Asian Society for Traumatic Stress Studies Limited** by mail to:

**Secretariat, Hong Kong Red Cross Headquarters, 33 Harcourt Road, Hong Kong**  
**(Remarks on envelope: Workshop on PFA & PR)**

**Enquiry: Ms Maggie Leung (Tel : 2507 7194 ; Email : [psp@redcross.org.hk](mailto:psp@redcross.org.hk))**

***Deadline of enrolment: 1 September, 2010***

**Remarks:**

1. The registration fee is received for purpose of cost recovery and the residual will go to AsianSTSS for supporting future service and training on traumatic stress.
2. Seats are served on a first-come-first-serve basis. Priority is given to members/staff of organizing bodies.
3. AsianSTSS reserves the right to modify the programme and reject an enrolment at any point in time.
4. Enrolment will be confirmed ONLY when full payment has been received by the AsianSTSS. Confirmation will be sent by email or fax one week prior to the workshop.
5. Official receipt will be issued at the registration counter. All fees are non-refundable.
6. If the Typhoon Signal No. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.
7. For enquiry, please send your email to [psp@redcross.org.hk](mailto:psp@redcross.org.hk). For further information please visit our website at <http://www.asianstss.org>