

亞洲創傷心理研究學會
Asian Society for Traumatic Stress Studies



Psychological First Aid Train-the-Trainer Workshop

by Melissa Brymer and Patricia Watson

Date: 30th November & 1st December 2011

Time: 9am -5pm

Venue: Hong Kong Red Cross Headquarters, 33 Harcourt Road, Hong Kong

Psychological First Aid (PFA) is an evidence-based intervention aimed to reduce the initial distress caused by traumatic events and to foster short and long-term adaptive functioning. PFA is often offered in the immediate hours to first weeks following a disaster to restore a sense of safety and order. This PFA Train-the-Trainer Workshop is intended to teach participants how to train other professionals about PFA and its use in the aftermath of disasters or other traumatic events. This workshop is designed for people who are familiar with PFA and especially for those whose current job responsibility is to educate or to train. Enrollment is limited to 30 participants.

Learning Objectives:

- Be able to describe how PFA fits into larger emergency response activities.
- Convey the goals and objectives of PFA to audiences.
- Demonstrate skills needed to facilitate PFA training.
- Adapt training materials for different audiences and settings.
- Confidently deliver the PFA content knowledge in ways that facilitate learning.
- Confidently and competently conduct skills-based activities for PFA training.
- Answer questions from participants related to applying PFA in real situations.
- Skillfully address cultural and developmental aspects of PFA.
- Demonstrate knowledge and understanding of the appropriate materials needed to conduct PFA trainings.

Enrolment: Please download the enrolment form from www.asianstss.org

Participants must fulfill the following criteria:

- i) Familiar with the PFA Operation Guide (*please visit our website for the guide*);
- ii) Hold qualification(s) in helping or health care profession(s), e.g., social workers, psychologists, medical practitioners, nurses;
- iii) Experience as a trainer/supervisor.

Priority will be given to those that fulfilled the following criteria:

- i) Attended the PFA workshop organized by AsianSTSS in 2010 or completed the free on-line training of PFA in the website of NCTSN with certificate proof. *Please click onto <http://learn.nctsn.org/course/category.php?id=11> for more details;*
- ii) Nomination by agencies that pledge to provide training/services in health/disaster work;
- iii) At least 50 hours of experience in performing PFA-related work after critical incident/disasters, i.e., providing support for trauma/disaster survivors in the acute phase of the incident (written proof from agencies with official chop required).

Fees: \$3,800 for Asian STSS members/ \$5,000 for non-members

Join AsianSTSS now and receive member's rate!

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Skills for Psychology Recovery Train-the Trainer Workshop

by Melissa Brymer and Patricia Watson

Date: 2nd & 3rd December 2011

Time: 9am -5pm

Venue: Hong Kong Red Cross Headquarters, 33 Harcourt Road, Hong Kong

Skills for Psychological Recovery (SPR) is an evidence-based approach aiming to facilitate the psychological recovery of people who are affected by a traumatic event, particularly to those who are not starting to recover after the initial weeks. SPR is often offered in weeks and months after the disaster as intermediate, secondary prevention model to teach people basic skills. This SPR Train-the-Trainer Workshop is intended to teach participants how to train other professionals about SPR and its use in the aftermath of disasters or other traumatic events. This workshop is designed for people who are familiar with PFA and especially for those whose current job responsibility is to educate or to train. Enrollment is limited to 30 participants.

Learning Objectives:

Be able to:

- Convey the goals and rationale of SPR to audiences.
- Demonstrate skills needed to facilitate SPR training.
- Adapt training materials for different audiences and settings.
- Confidently deliver the SPR content knowledge in ways that facilitate learning.
- Answer questions from participants related to applying SPR with real case examples.

Enrolment: Please download the enrolment form on www.asianstss.org

Participants must fulfill the following criteria:

- i) Pledge to learn and be familiar with the SPR Guide (*the Guide will be provided after application is accepted*);
- ii) Hold qualification(s) in mental health profession(s);
- iii) Experience as a trainer/supervisor.

Priority will be given to those that fulfilled the following criteria:

- i) Attended the PFA workshop organized by AsianSTSS in 2010 or completed the free on-line training of PFA in the website of NCTSN with certificate proof. *Please click onto <http://learn.nctsn.org/course/category.php?id=11> for more details;*
- ii) Nomination by agencies that pledged to provide training/services in health/disaster work;
- iii) At least 50 hours of experience in performing PFA-related work after critical incident/disasters, i.e., providing support for trauma/disaster survivors in the recovery phase of the incident (written proof from agencies with official chop required).

Fees: \$3,800 for Asian STSS members/ \$5,000 for non-members

Join AsianSTSS now and receive member's rate!

About the trainers:

Melissa Brymer (Ph.D., Psy.D; Director of Terrorism and Disaster Programs of the UCLA/Duke University National Center for Child Traumatic Stress)



Melissa J. Brymer is involved with the development of interventions, assessments, educational materials, and recovery programs in the area of terrorism, disasters, and school crises. She is one of the primary authors of the NCTSN/NCPTSD Psychological First Aid and Skills for Psychological Recovery interventions, co-developed the PFA Online course, and is the lead trainer for both interventions. She has been a consultant for many school districts, local and state agencies, and other organizations after mass causality events. Dr. Brymer is a licensed clinical psychologist who has clinical and research experience in the areas of domestic violence, child abuse, terrorism and disasters, and acute child trauma.

Patricia Watson (Ph.D; Senior Educational Specialist for the National Center for PTSD, Assistant Director of terrorism and disaster programs for the National Center for Child Traumatic Stress, and Assistant Professor at Dartmouth Medical School in the Department of Psychiatry)



As a former Navy officer and clinical psychologist, Patricia Watson focused on co-developing educational training materials in post-disaster, military, and first responder settings (e.g. *Psychological First Aid (PFA) Field Guide* and the *Skills for Psychological Recovery (SPR) Manual*, produced by the *National Child Traumatic Stress Network* and the *National Center for PTSD*, as well as the *Combat Operational Stress First Aid (COSFA) Field Guide*, produced by the *Department of Defense*, the *Defense Centers for Excellence*, and the *National Center for PTSD*). She is in the process of creating versions of PFA and Stress First Aid manuals for first responders, and a PFA application for mobile phones. She has additionally co-edited a number of books and articles on disaster behavioral health interventions, resilience and early intervention.

Please complete and return the enrolment form (which can be downloaded from www.asianstss.org) with a cross cheque payable to:

Asian Society for Traumatic Stress Studies Limited and mail to:
Asian Society for Traumatic Stress Studies Limited
c/o Room 402, Chuang's Tower,
30-32 Connaught Road Central, Hong Kong.

Deadline of enrolment: 9th November 2011

Co-organizers:



Remarks:

1. Seats are served after applicants are accepted into the program.
2. AsianSTSS reserves the right to modify the program and reject an enrolment at any point in time.
3. For enquiry, please send your email to info@asianstss.org or visit our website at www.asianstss.org.