



# Advanced Psychological First Aid

## About:

A skillset to support and help people struggling with distress and complex reactions.

## Module 1: Recap of Psychological First Aid (PFA)

- Revision of crisis and stress, circles of vulnerability, signs of stress and action principles of PFA framework

## Module 2: Complex Reactions

- Introduction to complex reactions and techniques to manage these reactions
- Learn the details of complex reactions such as: Panic attacks, self-harm, suicide, aggression, flashbacks, prolonged insomnia, disorientation, unable to care for self and lost of control of behaviors
- Understanding factors that influence complex reactions

## Module 3: Introduction to Loss and Grief

- Introduction to loss and different types of losses
- Introduction to grief, different types of grief and factors influencing the grief process
- Application of PFA to support someone experiencing grief and loss

## Module 4: Self-Care and Social Support

- Learn how to apply self-care and the categories of self-care

## Role-Play Activity and Assessment

Duration: 14 hours (2 days)  
Group size: 6 to 10 persons  
Cost: \$300 per person (before GST)  
Mode of delivery: On-site only  
Pre-requisite:

- Completed the Red Cross basic PFA

Eligible for the Ministry of Manpower,  
Workplace Safety and Health 6 SDU points.

Sign up now



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[academy@redcross.sg](mailto:academy@redcross.sg)