

Overview of Psychological First Aid for Community Religious Professionals

	Section Headers
Introduction and Overview	<ol style="list-style-type: none"> 1. What is Psychological First Aid? 2. Why Should You Learn Psychological First Aid? 3. Who is Psychological First Aid for? 4. Who Delivers Psychological First Aid? 5. When Should Psychological First Aid Be Used? 6. Where Should Psychological First Aid Be Used? 7. Strengths of Psychological First Aid 8. Basic Objectives of Psychological First Aid 9. Delivering Psychological First Aid
Preparing to Deliver Psychological First Aid	<ol style="list-style-type: none"> 1. Preparation 2. Providing Services 3. Group Settings 4. Maintain a Calm Presence 5. Be Sensitive to Culture and Diversity 6. Be Aware of At-Risk Populations
Contact and Engagement	<ol style="list-style-type: none"> 1. Maintain Confidentiality 2. Introduce Yourself and Ask about Immediate Needs 3. Role as Community Religious Professional in First Contact 4. The Ministry of Presence
Safety and Comfort	<ol style="list-style-type: none"> 1. Ensure Immediate Physical Safety 2. Provide Information about Disaster Response Activities and Services 3. Attend to Physical Comfort 4. Attend to Specific Spiritual Needs 5. Promote Social Engagement 6. Attend to Children Who are Separated from their Parents/Caregivers 7. Protect from Additional Traumatic Experiences and Trauma Reminders 8. Help Survivors Who Have a Missing Family Member 9. Help Survivors When a Family Member or Close Friend Has Died 10. Attend to Grief 11. Provide Information about Casket and Funeral Issues 12. Attend to Issues Related to Traumatic Grief 13. Support Survivors Who Receive Death Notification 14. Support Survivors Involved in Body Identification 15. Help Caregivers Confirm Body Identification to a Child or Adolescent
Stabilization (if needed)	<ol style="list-style-type: none"> 1. Stabilize Emotionally Overwhelmed Survivors 2. Orient Emotionally Overwhelmed Survivors 3. The Role of Medications in Stabilization
Information Gathering: Needs and Current Concerns	<ol style="list-style-type: none"> 1. Nature and Severity of Experiences during the Disaster 2. Death of a Loved One 3. Concerns about Immediate Post-Disaster Circumstances and Ongoing Threat 4. Separation from or Concern about the Safety of Loved Ones 5. Physical Illness, Mental Health Conditions, and Need for Medications

	<ol style="list-style-type: none"> 6. Losses (Home, School, Neighborhood, Business, Personal Property, and Pets) 7. Extreme Feelings of Guilt or Shame 8. Spiritual and/or Religious Needs 9. Thoughts about Causing Harm to Self or Others 10. Availability of Social Support 11. Prior Alcohol or Drug Use 12. Prior Exposure to Trauma and Death of Loved Ones 13. Specific Youth, Adult, and Family Concerns about Developmental Impact
Practical Assistance	<ol style="list-style-type: none"> 1. Offering Practical Assistance to Children and Adolescents 2. Step 1: Identify the Most Immediate Needs 3. Step 2: Clarify the Need 4. Step 3: Discuss an Action Plan 5. Step 4: Act to Address the Need 6. Other Ministry Opportunities for Your Congregation
Connection with Social Supports	<ol style="list-style-type: none"> 1. Enhance Access to Family, Community, and Other Primary Support Persons 2. Encourage Use of Immediately Available Support Persons 3. Prayer and Worship Services 4. Facilitate Social Support for Various Age Groups 5. Discuss Support-Seeking and Giving 6. Special Considerations for Children and Adolescents 7. Modeling Support
Information on Coping	<ol style="list-style-type: none"> 1. Provide Basic Information about Stress Reactions 2. Review Common Psychological Reactions to Traumatic Experiences and Losses 3. Talking with Children about Physical and Emotional Reactions 4. Children/Adolescents and Spiritual/Religious Concerns 5. Participating in Religious Activities 6. Provide Basic Information on Ways of Coping 7. Teach Simple Relaxation Techniques 8. Coping for Families 9. Assist with Developmental Issues 10. Assist with Anger Management 11. Anger Directed at God 12. Address Highly Negative Emotions (Guilt and Shame) 13. Help with Sleep Problems 14. Address Alcohol and Substance Use
Linkage with Collaborative Services	<ol style="list-style-type: none"> 1. Provide Direct Link to Additional Needed Services 2. Referrals for Children and Adolescents 3. Referrals for Older Adults 4. Promote Continuity in Helping Relationships

For more information and to download PFA for Community Religious Professionals, please visit <http://www.nctsn.org>