

# Psychological First Aid: Building Resiliency for “Us” and “Them”

## Satellite Conference and Live Webcast

Thursday, January 22, 2009 • 12:00-1:30 p.m. (Central Time)

1:00-2:30 p.m. (Eastern) • 11:00 a.m.-12:30 p.m. (Mountain) • 10:00-11:30 a.m. (Pacific)

**S**urviving the aftermath of a disaster is often just as frightening as living through the moments of uncertainty during the disaster. These types of catastrophic events can provoke a wide array of emotions not just in survivors but also in first responders. The after effects of a disaster can take their toll on a person’s mind and can spark confusion, fear, hopelessness, sleeplessness, anxiety, grief, shock, guilt, shame, and loss of confidence in themselves and others.

The importance of Psychological First Aid (PFA) for victims of a disaster as well as first responders has been well established. From the attacks of 9/11 to Hurricane Katrina, the mental impact of a disaster often has far reaching and lasting effects. While more attention is being paid to the psychological needs of victims and first responders, the fact remains that often times during an actual crisis, those needs are not addressed or are not emphasized based on the surrounding physical and environmental needs.

Promoting an environment of safety, calm, connectedness, self-efficacy, empowerment and hope is the main goal of providing Psychological First Aid. That’s why basic training in the foundations of PFA is critical for anyone who may be called to respond in a disaster situation. This program will help you to better recognize and manage the basic symptoms of psychological distress and give you the tools you need to apply basic Psychological First Aid to children, the elderly, the general population and yourself. Remember, as a first responder, your early contacts with disaster victims can help alleviate frightening emotions and provide a sense of hope and healing in a time of disarray.

### CONFERENCE DETAILS:

**Target Audience:** Physicians, nurses, social workers, administrators, emergency medical response providers, health care providers, disaster management personnel, community leaders, government officials, emergency preparedness personnel, risk communicators, non-profit disaster response personnel.

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Cost:** There is no cost to view.

**Continuing Education:** None for this program.

**Satellite Technical Information:** This program will be a live satellite broadcast on C band (analog).

**Webcast Information:** This program will be a live webcast. Register at [www.adph.org/alphtn](http://www.adph.org/alphtn) To view webcast, you need RealPlayer or Windows Media Player. Test your computer before the day of the program from the “test connection” link at [www.adph.org/alphtn](http://www.adph.org/alphtn)

On the day of the program, go to [www.adph.org/alphtn](http://www.adph.org/alphtn) & click on the “view webcast” link.

**Audio Conference:** This course will be available as an audio conference. Call: 1-866-941-6093.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Questions For Faculty:** Fax or email questions and a response will be given during the program.

Email: [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us) • Fax: 334-206-5640.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

### PROGRAM FORMAT:

You are invited to join an in-depth question and answer session hosted by faculty from the South Central Center for Public Health Preparedness. The content of the discussion will be determined by you.

Your questions will be answered live as they are received throughout the broadcast.

You can email your questions in advance to: [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us)

### PROGRAM OBJECTIVES:

1. Define Psychological First Aid.
2. Discuss the basic principles of Psychological First Aid.
3. Demonstrate the intervention strategies of Psychological First Aid.
4. Describe individual response patterns to disaster stress.
5. Examine strategies for recognizing and self-managing disaster stress.

### FACULTY:

**Joshua Klapow, PhD**

Department of Health Care Organization and Policy  
South Central Center for Public Health Preparedness  
University of Alabama at Birmingham



### UPCOMING PROGRAM:

**Experiences with Strategic Planning  
in Public Health Organizations**

Thursday, February 5, 2009

12:00 p.m. – 1:30 p.m. (Central Time)