

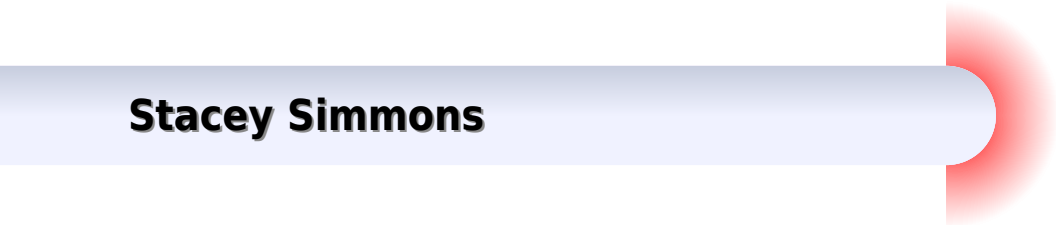
Emotional **FIRST AID KIT** PSYCHOSPIRITUAL MODEL



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Emotional First Aid Kit Psychospiritual Model

Stacey Simmons



Emotional First Aid Kit Psychospiritual Model:

Australian Official Journal of Trade Marks ,2003-03-20 Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 **Subject Guide to Books in Print** ,1991 Psychological First Aid Kit - Christian Teacher's Manual Darrell

Franken,1999-01-01 **The Johns Hopkins Guide to Psychological First Aid** George S. Everly Jr.,Jeffrey M.

Lating,2017-04-01 Learn the essential skills of psychological first aid from the expert who created the Johns Hopkins RAPID PFA method Psychological first aid or PFA is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity PFA is designed to be applied in emergencies including disasters and terrorist attacks In this essential guide George S Everly Jr developer of the Johns Hopkins RAPID PFA method and Jeffrey M Lating his collaborator in its implementation describe the principles and practices underpinning this psychological model in an easy to follow prescriptive and practical manner They explain the history of PFA and persuasively demonstrate its powerful versatility Mental health practitioners can apply PFA in all settings It can also be used as a public health tool to address mental health needs following critical incidents and as a means for building community resilience Aimed at mental health practitioners all first responders and global health disaster teams such as M decins Sans Fronti res and the World Health Organization The Johns Hopkins Guide to Psychological First Aid is the first book to thoroughly explain RAPID PFA RAPID a unique theoretically grounded and evidence based PFA method follows a set of easily understood principles In each chapter Everly and Lating provide a step by step approach and include a key point summary to emphasize essential elements A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses examples of common mistakes and various outcomes In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks the authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health fire police military and faith based settings Beneficial to those with little or no previous mental health training this book is an essential tool for people who want to learn to practice or to retain their ability to use psychological first aid effectively **Community-Based Psychological First Aid** Gerard A Jacobs,2016-06-07

Community Based Psychological First Aid A Practical Guide to Helping Individuals and Communities during Difficult Times presents a practical method for helping those in need in difficult times No advanced training in psychology is needed to use it Injuries from disasters terrorist events and civil unrest are not just physical These events also cause psychological trauma that can do lasting damage Psychological First Aid PFA draws on human resilience and aims to reduce stress systems and help those affected recover It is not professional psychotherapy and those providing this kind of aid do not need a degree to help Gerard Jacobs has developed this community based method of delivering PFA over 20 years and has taught it in over 30 countries Along with the easy to follow method Jacobs includes examples of how this works in action in different situations and presents scenarios to practice Unique in its approach of community engagement to train community members to help

each other this guide is an excellent resource for local emergency managers to engage in whole community emergency management Presents a proven method for helping to alleviate the mental health effects of disasters terrorist attacks civil unrest and other community stressors Offers a community based model developed and taught by an international expert for over 20 years requiring no advanced training or education in psychology to use Provides techniques that are adaptable to individual communities or cultures Outlines practices for self care while helping others to prevent burnout Includes case studies scenarios and key terms to help facilitate community training

The Emotional First Aid Manual Janet Buell, 2006 Since CPR Cardiopulmonary Resuscitation was first taught to laypersons in 1967 hundreds of thousands of lives have been saved by the techniques applied by those laypersons This translates to millions of family members and friends spared the grief of prematurely losing a loved one CPR more than any other physical first aid technique demonstrates clearly that a layperson using easily learned procedures can save lives and prevent suffering The field of mental health is about to make a similar breakthrough Just as millions of homes and businesses in the world contain a physical first aid manual so will the homes and businesses of the future contain an emotional first aid manual There are techniques in the field of emotional health every bit as impressive in their ability to prevent suffering as CPR and they are now in one book titled The Emotional First Aid Manual

Emotional First Aid James L. Greenstone, 2015-07-01 More and more behavioral healthcare professionals and paraprofessionals are being asked to leave the relative comfort of their regular workplace and work in disaster scenarios This timely publication is a field guide for behavioral health first and second responders First and second responders will find information to help them respond to emergencies more effectively Being unprepared will distract from your mission from your satisfaction and steer you away from responding in the future This field guide is packed full of information check lists resources and data many of them reproducible so you can take them with you into the field Become a trusted professional by being prepared

Emotional First Aid Seán Haldane, 1988

Emotional First Aid on the Internet Itzhak Gilat, Hana Ezer, Rachel Sagee, 2014 Many individuals who suffer from acute distress avoid seeking psychological assistance due to barriers such as shame stigma and lack of availability of sources These barriers are reduced in the on line environment as a result of its unique features particularly anonymity textual communication and the ability to overcome the limits of time and space Providing psychological assistance on the internet has become increasingly widespread over the last three decades by means of various channels such as personal chats email and online support groups The emotional first aid provided by trained volunteers constitutes a unique context of online counselling that emerged from the well known community mental health services known as hotlines The present book presents the various applications and illuminates the potential advantages of emotional first aid via the online environment

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