

# *Emotional* **FIRST AID KIT** PSYCHOSPIRITUAL MODEL



*Leo Deux Fils Mijares Dela Cruz, Ph.D.*

# Emotional First Aid Kit Psychospiritual Model

**A Gutmann**



### **Emotional First Aid Kit Psychospiritual Model:**

Clinical Methods in Medical Family Therapy Tai Mendenhall, Angela Lamson, Jennifer Hodgson, Macaran Baird, 2018-03-24

This landmark text describes research informed practices and applications of Medical Family Therapy MedFT across a range of care environments and clinical populations e g family medicine obstetrics and gynecology psychiatry alcohol and drug treatment community health centers and military and veteran health systems It is a timely release for a rapidly growing field It includes the work of some of MedFT s most innovative leaders who expertly illustrate MedFT in action across primary secondary tertiary and other unique health contexts describe the make up of healthcare teams tailored to each chapter s distinct environment s highlight fundamental knowledge and critical skillsets across diverse healthcare contexts detail research informed practices for MedFTs who treat patients couples families and communities *Clinical Methods in Medical Family Therapy* is a comprehensive source for any behavioral health student trainee or professional looking to understand the necessary skills for MedFTs entering the healthcare workforce It is also an essential read for trainers and instructors who are covering the fundamental MedFT knowledge and skills across diverse healthcare contexts This text was written to be applicable for a wide variety of healthcare disciplines including family therapy counseling nursing medicine psychology and social work

**Religious Responses to Pandemics and Crises** Sravana Borkataky-Varma, Christian A. Eberhart, Marianne Bjelland Kartzow, 2023-08-01 *Religious Responses to Pandemics and Crises* explores various dimensions of the interrelations between the individual community and religion With their global scope the contributions to this volume represent reflections on the rich and multifaceted spectrum of human responses in a variety of different religions and cultures to the current SARS 2 COVID 19 pandemic and similar crises in the past The contributions are organized in three thematic parts focusing on strategies rituals and past and present responses to pandemics and crises They reflect on the intersection of personal or communal responses and state mandated policies relative to SARS 2 COVID 19 while outlining different strategies to cope with the pandemic crisis Timely questions explored include How do individuals connect with or disconnect from religious and spiritual communities during times of personal and collective crises including pandemics How do religious practices such as rituals bridge individuals and communities How do religious texts from past and present highlight and represent crises and pandemics Dynamic and multidisciplinary in its inquiry this volume is an outstanding resource for scholars of religion

theology anthropology social sciences ritual theory sex and gender studies and contemporary medical science *The Dark Side of Leadership* Dr Tessie Herbst, 2014-03-28 This book highlights the fact that leaders do indeed affect the performance of organizations or the well being of society for better or worse to cast either a shadow or light by the exercise of their leadership Modern psychology with its theories of human behavior which does not acknowledge the existence of the spiritual realm cannot explain the carnage and evil often associated with the dark side of leadership This book focuses on the dark side of leadership in a multidimensional manner and provides a psychospiritual approach toward understanding personality

disorders and leader derailment It highlights an area that has not been widely studied by leadership researchers to date the dynamic relationship between the psychological and spiritual domains in shaping the dark side which lead to leadership failure and derailment This book calls for a more interdisciplinary approach and holistic understanding of the dark side of leadership inseparably relating body soul and spirit as they function individually and relationally It highlights the fact that the restoration of personality will require sustained dialogue between theologians and the medical and psychological professions Such a theoretical perspective would help us better understand how personality disorders develop not only emotionally and psychologically but spiritually

Mushroom Pharmacy Stacey Simmons, 2025-02-18 A practical approachable guide to using psilocybin the psychedelic compound found in mushrooms for health and wellness including information on varieties microdosing and the treatment of an array of mental and psychical ailments Psilocybin is proving to have profound impact on health and wellness particularly in the areas of mental health and addiction From author and certified psychedelic therapist Stacey Simmons MA PhD LMFT Mushroom Pharmacy is the first comprehensive easy to understand guide to using mushrooms safely and effectively to alleviate symptoms and potentially cure the underlying causes of dozens of ailments from depression anxiety and addiction to OCD PTSD Lyme Disease Alzheimer's Disease Migraines and more In this deeply researched practically oriented guide Dr Simmons helps readers understand how psilocybin acts on the brain the key elements of responsible psychedelic therapy and how the effects of this practice can lead to deep and permanent healing The book also educates readers in the practical aspects of how to responsibly forage for or grow their own mushrooms how to identify and use different more than 30 different psychedelic mushroom varieties and how to understand the dosing and administration of psychedelics Written by an expert in the field this groundbreaking work is a must have for anyone interested in the brave new world of psychedelic medical treatment

*Vegetarian Times*, 1983-08 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

**Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004

**Australian Official Journal of Trade Marks**, 2003-03-20 New Age Journal, 1998 **Words on Cassette**, 1997

*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 Médecins Sans Frontières 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

**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

**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

**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* Sean Haldane, 1989-01-01

**The Johns Hopkins Guide to Everyday Psychological First Aid** George S. Everly Jr., Jeffrey M. Lating, 2026-01-20 A practical guide for how to offer compassionate effective support during times of emotional crisis and acute distress The Johns Hopkins Guide to Everyday Psychological First Aid equips readers with the tools to respond effectively and compassionately to emotional crises whether they unfold in a home workplace school or public setting Based on decades of research experience and real world examples George S Everly Jr and Jeffrey M Lating present a streamlined accessible version of the Johns Hopkins RAPID model of psychological first aid designed specifically for everyday use by adults without formal training in mental health This guide empowers people to step in when someone is struggling to listen stabilize apparent distress and offer effective meaningful support Offering advice and practical coping techniques for a variety of situations like helping a stranger in a moment of panic or responding to the grief of a friend the scenarios and checklists throughout the book help readers navigate some of life's most difficult moments with clarity and care This practical manual speaks to a world facing rising anxiety loneliness trauma and loss by offering a simple evidence informed method for fostering resilience and restoring connection Everly and Lating emphasize that while no one can say the perfect thing in a crisis everyone can learn how to offer compassion and help when it matters most By making psychological first aid as accessible as physical first aid this guide acts as an essential toolkit for being there when someone needs you most

**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 *Emotional First Aid on the Job* Harry Levinson, National Association for Mental Health (U.S.), 1957\*

*Psychological First Aid*, 2014 The field of mental health has changed from a deficit model to a strength model And that's what psychological first aid does It says that we don't have to look at the deficits and dysfunctions Instead we should look at the strengths that the individual has and build on them Chris Dunning PhD Many mental health professionals volunteer their time as first responders in the wake of large scale disasters All too often they've found that their clinical training and therapeutic instincts don't fully apply to the circumstances in which they find themselves and may actually render them less effective It was in response to this problem that the psychological first aid model was developed In this video series leading researchers share the model they've helped create one that designed to provide the tools and guidance necessary for clinicians to respond appropriately to the often overwhelming needs of disaster survivors The observations of the theorists are complemented by interviews with first responders whose assignments have taken them to New York after 9/11 the Superdome after Katrina and Haiti after its earthquake First person accounts from survivors of a California firestorm also are included Presenters include Patricia Watson Josef Ruzek Chris Dunning Charles Figley and John Violanti

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