



# Psychological First Aid Instructor



Psychological First Aid Instructors support the delivery of our Psychological First Aid course. Candidates will develop competencies in facilitating case-based learning, and how to support learners in understanding a resiliency-building approach to emotional, psychological, and social wellbeing.

## Audience

Instructors who wish to deliver the Psychological First Aid classroom-based course.

## Duration

Classroom: 14 hours

## Instructor

Certified Red Cross Psychological First Aid Instructor Trainer

## Prerequisites

- 18 years of age
- Fundamentals of Instruction (online and in-class)
- Psychological First Aid certification

## Completion

Attend and participate in 100% of the course. A post-course, competency-based teaching experience with the support of a Teaching Experience Supervisor may be required.

## Certification

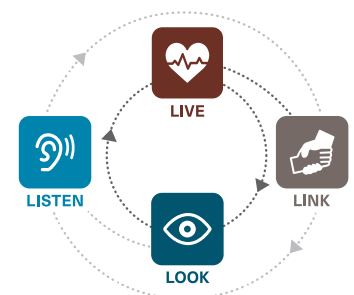
Psychological First Aid Instructor certificate is available for download upon successful completion of training and is valid for 3 years.

## Course Content

- Loss, stress, and grief and how they affect us
- Psychological First Aid
- How to facilitate problem-based/case study learning
- Selecting, planning and facilitating an activity

## Resources

- *Instructor Guide – Psychological First Aid*
- *Psychological First Aid Workbook*
- Media Presentation
- Look, Listen, Link, Live cards
- Online instructional resources on Boulevard



**Red Cross First Aid. The Experience to Make a Difference.**

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