



Upcoming webinar - An Introduction to Trauma and Psychological First Aid (PFA)

September 26, 2024, 1400 - 1700 BST

This 3-hour online workshop offers a practical introduction to Psychological First Aid (PFA), which outlines simple and effective strategies for supporting workers in the immediate aftermath of traumatic events. The aim of the webinar is to equip team leaders and member care staff to provide robust support to affected individuals and teams in order to promote resilient coping. The course also gives guidance on when to refer to professional help.

Aim and objectives

The webinar provides an accessible and engaging introduction to acute stress and trauma followed by a detailed exploration of the phases of a Psychological First Aid response. It is suitable for anyone with a supervisory or pastoral role.

By the end of the course participants will be able to:

- Define the basic objectives of Psychological First Aid.
- Describe the impact of traumatic stress on both body and mind and identify the broad range of normal early reactions that people and teams can experience in the immediate aftermath of traumatic events.
- Offer practical and emotional assistance that complements and bolsters the coping skills of colleagues or team members.
- Conduct a basic risk assessment using major risk factors for psychological distress.
- Recognize when to refer people for further support.

Your trainer

Mark Snelling (MSc, MBACP) is a seasoned counsellor and psychotherapist with many years of clinical experience in a broad range of international settings. He has specialist expertise and training in psychological trauma and has supported many people in the aftermath of overwhelming events, both in the UK and overseas. He has also designed and delivered workshops and seminars on trauma and other psychosocial issues. Alongside his private practice, he and his wife Jennifer run [High Meadow Retreat](https://www.highmeadowretreat.com) in southwest England, which offers counselling, coaching and debriefing to anyone in Christian work in the UK or around the world.

Fee: £40

Registration

If you would like to attend this webinar, please e-mail us at info@highmeadowretreat.com and we will send you further details on how to join us online.

