![MindWise Innovations logo]

Digital Psychological First Aid Training

Psychological First Aid (PFA), the gold standard of disaster responses, is a process for helping people cope after experiencing a traumatic event or natural disaster. Endorsed by the World Health Organization and the U.S. government, the goal of PFA is to provide safety, stability, and resources to those affected by offering them hope and helping them reconnect with their support systems. Presented by our trauma experts, this comprehensive and highly interactive program prepares attendees to deliver PFA to affected individuals and communities.

Online Course: Through this online self-led training course, attendees will learn about:

- Trauma and the human stress response, and how it affects the choice of interventions with distressed individuals

- Understanding grief and loss, including models of, cultural variations in, and age-based patterns of grief

- The evolution of and introduction to disaster response, as well as the eight core functions of Psychological First Aid

Live Practice Sessions: After completing the online training components, participants will receive access to monthly practice sessions. While not required, these live sessions are highly encouraged to reinforce the skills taught during the digital course. Throughout the duration of the annual license, individuals can attend as many practice sessions as they'd like to work through specific scenarios. This is designed to keep teams engaged and prepared.

Annual License Benefits:

- **$299** for individuals; **$3,000** for groups of 10-20; **$6,000** for groups of 20-40

- 24/7 access to ~6 hours of online, self-led training

- Includes up to 12 live practice sessions to reinforce online learning

- Appropriate for schools, community agencies, hospitals, workplaces, and organizations

- No backend administration required; automatic reports track course completion

We currently offer two additional delivery methods for this program: live/in person or live/virtual training. Contact info@mindwise.org for details.