

Helping you preserve your greatest asset, your employees

Exposure to stressful and traumatic events can have a lasting negative effect on your employees. The purpose of this program is to acquaint employees and managers with information about acute stress, chronic stress and trauma; effective organizational response to these challenges; and personal self care to enable your employees to continue functioning at their best.

The three session format builds a foundation to support effective PFA service to your organization.



The need to address trauma and acute stress is evident in our fast paced workplaces and personal lives.

Presentation of this material may be customized to meet your scheduling needs

FOR MORE INFORMATION
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ASSOCIATED EMPLOYEE ASSISTANCE SERVICES

**Psychological First Aide
PFA
Responding to Traumatic Events
Caring for the Caregivers**



Toll Free: 1-800-540-3758

In every field, technology changes. The evolution of crisis care and response in the field of traumatology has taken us on a

journey from emergency psychological intervention to the current emphasis on coping, recovering and preventing long-term consequences.



This emphasis focuses on enhancing the assets of those affected and those who help.

This three week program creates the foundation of information and understanding to maximize the effectiveness of Psychological First Aide in response to critical incident stress.

CIS/ CISR

Week 1

Critical Incident Stress (CIS)

- History and evolution of CIS
- Definitions of CIS
- Psychodynamics of Trauma

Week 2

Critical Incident Stress Response (CISR)

- Evolution from Critical Incident Stress Management (CISM) to a PFA model
- Responding to trauma
- Assessing the need for education and PFA services

Week 3

Compassion Fatigue

- “When helping hurts”
- Managing Compassion Fatigue and preventing burnout
- Caring for the Caregiver



Daily pressures call for a strong emphasis on utilizing the individual's strengths and abilities to remain effective.

Psychological First Aide

The PFA intervention process will be familiar to your employees after completion of this three session seminar, enabling them to obtain the greatest benefit from future PFA services provided to your work group in the future.

In response to any traumatic situation, employees benefit from supportive guidance through a process that will help them to normalize their reactions to the stress, and apply their strengths in order to effectively manage their own well being.

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