



Psychological First Aid Instructor



Psychological First Aid Instructors support the delivery of our Psychological First Aid and Self-Care & Wellness courses. 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 participant-level certification courses (Psychological First Aid and Self-Care & Wellness).

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 competency-based teaching experience with the support of a Teaching Experience Supervisor is required upon completion of the in-person course.

Certification

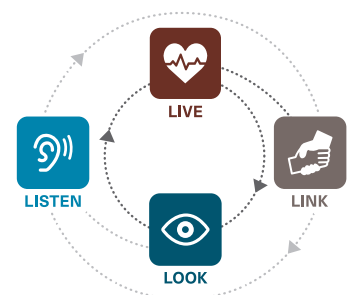
Certificate is available for download upon successful completion of training and is valid for 3 years.

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

Participant Materials

- *Instructor Guide – Psychological First Aid*
- *Virtual Facilitation Guide – Instructional Techniques*
- *Psychological First Aid Workbook* (digital and/or print)
- *Overview of Psychological First Aid – Self-Care & Wellness*
- Look, Listen, Link, Live cards
- Online instructional resources on Boulevard



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

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