

Psychological First Aid

Five Key Principles

1. Promoting a sense of safety
2. Promoting calming
3. Promoting a sense of self and community efficacy
4. Promoting connectedness
5. Instilling hope

The Eight Components

1. Initiating contact and engaging with an affected person in a non-intrusive, compassionate and helpful manner.
2. Provide immediate and on-going safety allowing for both physical and emotional comfort.
3. If necessary, stabilise overwhelmed and distraught survivors.
4. Gathering information to determine immediate needs and concerns. Adapt PFA interventions accordingly.
5. Providing practical assistance to help the survivor address immediate needs and concerns.
6. Connecting the survivor with social supports by helping to structure opportunities for brief or on-going contacts with primary support persons and/or community helping services.
7. Providing information on coping, including education about stress reactions and coping (usually in a printed format).
8. Linking the survivor with collaborative services and providing information about those services that may be needed in the future.

Reference: David Forbes and Mark Creamer. February 2011. Special Report. In the 'InPsych' quarterly magazine published by the Australian Psychological Society.