



INTERNATIONAL GUIDELINES FOR THE PROVISION OF PSYCHOLOGICAL SUPPORT

IENE 6

**Contemporary large migration waves into Europe: Enabling health workers to
provide psychological support to migrants and refugees and develop strategies for
dealing with their own emotional needs**

Intellectual Output 7

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BEST PRACTICES GUIDELINES FOR PSYCHOLOGICAL TOOLS

INTERNATIONAL GUIDELINES

This document is designed to orient helpers to offer psychological first aid (PFA) to people following a serious crisis event.

What is psychological first aid?

Psychological first aid is a 'humane, supportive response to a fellow human being who is suffering and who may need support'



★ Psychological First Aid (Psychological First Aid Field Worker's Guide Dr. Vinod Singaravelu Pg:3)

In this writing, you can find several resources for providing psychological first aid. These guidelines provides an overview of best practice in psychological first aid following disasters and traumatic events.

Resource 1

Title: Psychological first aid: Guide for field workers

Organization: World Health Organization (WHO)

Year: 2011

Authors: Leslie Snider (War Trauma Foundation, WTF), Mark van Ommeren (World Health Organization, WHO) and Alison Schafer (World Vision International, WVI)

Source/ Link: http://www.who.int/mental_health/publications/guide_field_workers/en/

(© World Health Organization 2011 All rights reserved. Publications of the World Health Organization are available on the WHO web site (www.who.int).

Purpose of the Tool: This tool provides information about how to conduct and utilize PFA in a textbook format.

Description/ Brief Summary: This guide is designed to orient helpers to offer psychological first aid (PFA) to people who have experienced an extremely distressing event. It gives the framework for supporting people in ways that respect their dignity, culture and abilities. It provides information about what PFA is and what the basic principles of PFA are.

Special Features (Validation, Language Options etc): This manual is available in Arabic, Chinese, Dutch, English, Farsi, French, German, Greek, Japanese, Kiswahili, Korean, Portuguese, Romanian, Russian, Serbian, Sinhala, Slovenian, Spanish, Tamil, Turkish, and Urdu.

Conclusions and Recommendations: This resource could be helpful for the health care professionals and volunteers to give the best help in hard situations with having a chapter called “**Practise what you have learned**” that has case scenarios, sample conversations and actions (Page: 43-52) . There are good tables which have the key points about PFA, important questions, action principles of PFA in the guide. It has also a pocket guide (Page:53-54) which gives the basic information about PFA.

Resource 2

Title: Psychological first aid: Facilitator's manual for orienting field workers

Organization: World Health Organization (WHO)

Year: 2013

Authors: Leslie Snider (War Trauma Foundation), Alison Schafer (World Vision International (WVI)), Mark van Ommeren (World Health Organization (WHO) Department of Mental Health and Substance Abuse), Khalid Saeed (WHO Regional Office for the Eastern Mediterranean)

Source/ Link: http://apps.who.int/iris/bitstream/10665/102380/1/9789241548618_eng.pdf?ua=1

© World Health Organization 2013 All rights reserved. Publications of the World Health Organization are available on the WHO web site (www.who.int)

Purpose of the Tool: This facilitator's guide is designed to orient helpers to offer psychological first aid (PFA) to people following a serious crisis event.

Description/ Brief Summary: This guide provides information about how to conduct and utilize PFA.

Special Features (Validation, Language Options etc): This manual is available in Chinese; English; Greek

Conclusions and Recommendations: This manual has useful group works, orientation tips, communication exercises, case scenarios for volunteers and health care workers.

Resource 3

Title: Psychological First Aid. An Australian guide to supporting people affected by disaster

Organization: Australian Psychological Society, Australian Red Cross

Year: 2013

Authors: Dr Susie Burke, John Richardson, Shona Whitton

Source/Link: http://www.redcross.org.au/files/Psychological_First_Aid_An_Australian_Guide.pdf

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Purpose of the Tool: This psychological first aid guide is for people working in disaster preparedness, response and recovery.

Description/Brief Summary: This guide gives basic knowledge about PFA. It gives information about aims and basic principles of PFA. This guide has chapters about understanding, using and adapting psychological first aid.

Special Features (Validation, Language Options etc): This document is available only in English

Conclusions and Recommendations: This guide could be useful for volunteers and health care professionals. This guide has a special chapter about adapting PFA for people who have special needs such as children, mentally disabled people, people who have health issues. (Page:22-27) And also this guide gives information about self care and reducing stress tips for people who work in the field. (Page: 28-31)

Resource 4

Title: Psychological First Aid - Field Operations Guide

Organization: National Center for PTSD, National Child Traumatic Stress Network

Year: 2006

Authors: Melissa Brymer, Christopher Layne, Anne Jacobs, Robert Pynoos, Josef Ruzek, Alan Steinberg, Eric Vernberg, and Patricia Watson

Source/ Link: https://www.ptsd.va.gov/professional/manuals/manual-pdf/pfa/PFA_2ndEditionwithappendices.pdf

Purpose of the Tool: This is a tool which gives information about best practices of psychological first aid.

Description/Brief Summary: This Psychological First Aid Field Operations Guide provides an overview of best practice in psychological first aid following disasters and traumatic events. This guide gives information about basic principles of PFA and to whom and when we should deliver PFA.

Special Features (Validation, Language Options etc): This manual is available in English, Spanish, Japanese, Chinese

Conclusions/Recommendations: This guide was one of the most useful guide for trauma following disasters. It gives basic information for stabilizing and orienting emotionally overwhelmed survivors. It

has sample conversations for different situations related traumatic events, PFA worksheets (Page:123-127), and handouts for survivors (Page:129-153).

Resource 5

Title: Psychological first aid: Field Worker's Guide

Organization: Unspecified

Year: Unspecified

Authors: Dr. Vinod Singaravelu

Source/ Link: <http://disaster-relief.org/pdf/psychological-first-aid.pdf>

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Purpose of the tool:

This guide was developed in order to have widely agreed upon psychological first aid material for use in developing countries.

Description/Brief Summary: This guide Provides information about how to conduct and utilize PFA in a textbook format.

The materials included in this guide are compiled from various internationally approved references.

Special Features (Validation, Language Options etc): This document is available only in English.

Conclusions/Recommendations: This resource could be helpful for learning basic PFA principles. This is a guide that is easy to understand and that can be used for training purposes

