



New York State Department of Health
Office Health Emergency Preparedness
Psychological First Aid (PFA) On-line Training

Overview

Psychological First Aid (PFA) is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress and to foster short- and long-term adaptive functioning.

It serves today as one of the basic tools used to inform first responders and receivers, incident command systems, primary and emergency health care providers, public health, school crisis response teams, faith-based organizations, disaster relief organizations, Community Emergency Response Teams, Medical Reserve Corps and the Citizens Corps in diverse settings. This simple and straight forward supportive intervention is recognized at the local, state and national levels as an effective way to help those impacted by disaster understand and cope with their reactions. PFA does not require previous training or education as a behavioral health practitioner and can be used by every lay person as well.

Objectives

- To describe what PFA is and why it is important
- To identify the core components of PFA
- To meet the basic needs of individuals who have survived or responded to a disaster or public health emergency
- To recognize the importance of PFA as a key mechanism for enhancing workforce resilience

Registration

Click on <https://www.NYlearnsPH.com>

and search Course Catalog for **PFA100.a**
The section name is Psychological First Aid.

Questions Regarding Training

Direct questions to prepedap@health.ny.gov
or 518 474-2893.

NYSDOH Learning Management System (LMS)

Direct questions to edlearn@health.ny.gov

or call 518 473-4223.

