



# PSYCHOLOGICAL FIRST AID

## NURTURING RESILIENCE

### ABOUT THIS COURSE

Life can be unpredictable. Natural disasters can devastate communities and individuals can be unexpectedly impacted by traumatic events. We all wish to respond in a supportive way, yet we often feel as though we lack the knowledge, skills, or confidence to respond effectively.

**Psychological First Aid: Nurturing Resilience** provides you with a model to offer meaningful support in times of crisis.

You will learn:

- How to respond to another's distress
- How to provide a supportive presence
- How to identify key safety concerns
- How to help people access ongoing care
- How to consider your own wellbeing

### WHO SHOULD DO THIS COURSE?

This course is helpful for those who want to support others in times of crisis. This course is open to all experience levels, and does not require previous mental health skills training.

### WORKSHOP FACILITATORS

#### KAREN PRESTIDGE

Karen Prestidge has over 25 years experience in the brief crisis intervention and community recovery sectors. She is an expert facilitator in the fields of Psychological First Aid; Community Recovery and Resilience; Suicide Prevention; and Domestic and Family Violence.



**BELLBIRD**  
TRAINING &  
CONSULTANCY

#### CLARICE FLETCHER

Clarice is a registered Level 3 Counsellor with Australian Counselling Association, with a degree in Human Services (Counselling), USQ. Clarice has worked and volunteered in human services for approximately 15 years, primarily with Lifeline in Community Recovery as a service lead, supporting teams of workers in response to critical incidents and natural disasters. Clarice is trained to deliver Livingworks, safeTALK, and Lifeline DV -alert.



**C.A.L.M.S**

*Counselling and Life Mentoring Services*

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