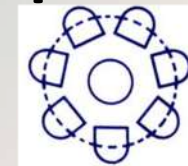


MOOC 1 – Unit 6:

Part A: Group -Psychological First Aid

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Unit 6: Group -Psychological First Aid

Part A

Group -Psychological First Aid focuses on group intervention, in small or larger groups, offering a safe context for traumatized population to cope with psychological responses to a traumatic event. For each clinical group intervention you will improve your:

- **Knowledge** about key assumptions and philosophy of the group intervention
- **Skills** for intervention, meaning basic principles, methods and techniques applied
- **Competences** to respond, including specific aims and practice in order the clinical intervention to be achieved

Unit 6: Group -Psychological First Aid

Introduction

Chapter 1 – Group Psychological First Aid (Group-PFA)

Chapter 2 – The Practice of Group-PFA

Chapter 3 – Supporting the Staff

References

Conclusion

Introduction

- Few research on trauma-exposed population has focused on groups. During disasters people live traumatic experiences together. Victims, first aid personnel, disaster relief workers and healthcare staff, in small or larger groups are subjected to intra-group processes that may affect psychological responses to the traumatic event. Furthermore, proper early intervention by co-workers, volunteers on-hand, family members or friends, the so called informal social support, is an important factor in preventing severe distress after a traumatic event
- Group intervention is a more feasible setting which offers a safe context for coping with traumatized people. In situation where groups of persons continue to be exposed to trauma sequelae after the initial traumatic event, the chronicity of the exposure is a strong rationale for Psychological First Aid interventions in the field. Since personnel of fire rescue, police, emergency medical services are already working as a team, **group cohesion** is already developed and sustained by the leader/chief of the staff unit

PFA history

- “Psychological first aid” as concept was introduced in the mid-Twentieth Century. In the post-9/11 period, **Psychological First Aid (PFA)** became a cornerstone for early psychological intervention with survivors of disasters.
- **Psychosocial support** derived from the combination of social and psychological support. Social support is rooted in humanitarian aid organizations which were first founded in the second half of the 19th century. Their aims consisted in fulfilling practical and social needs. Since the beginning of the 1990s, focus of humanitarian aid organisation was to prevent psychological distress after a trauma (Psychological support). Psychosocial support also includes facilitating resilience within family and community.

References

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