

Workshop Title:**Psychological First Aid (PFA): Supporting Mental Health in Times of Crisis****Facilitator(s):**

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Rationale:

This workshop rationale is based on a globally endorsed framework for providing humane, practical, and culturally sensitive support to individuals in severe distress following traumatic events.

Objectives:

The training will equip participants with a structured approach to deliver both social and psychological aid, grounded in the latest scientific consensus, while respecting the dignity and abilities of those affected by crisis, and maintaining their own wellbeing.

Topics to be covered:

- Fundamentals of PFA
- Essential Skills for Providing PFA
- Self-Care & Stress Management
- Providing PFA to Grieving Individuals
- Interactive Case Scenarios

Expected outcomes:

By the end of this workshop, participants will be able to:

- Understand PFA.
- Identify the core principles of PFA.
- Recognize who PFA is for, when to offer it, and its limits (what it does and does not do).

- Understand the ethical foundations of PFA.
- Acquire the essential skills for providing PFA.
- Develop a personal action plan for maintaining wellbeing while providing support to others.
- Apply PFA principles specifically to individuals who have experienced a recent traumatic loss.
- Integrate all PFA skills by working through realistic, complex crisis case studies.

Who should attend

All field workers who are fluent in both Arabic and English.

Registration Fees (Per Workshop)

For Egyptians (EGP)

- **Conference Participants:** 300 LE (Early Bird) / 500 LE (Late)
- **Non-Conference Participants:** 500 LE (Early Bird) / 700 LE (Late)
- **Group Rate (5 Conference Participants):** 1200 LE (Early Bird) / 2200 LE (Late). One member of the group should register for the whole group as shown.

Non-Egyptians (USD)

- **Conference Participants:** \$15 (Early Bird) / \$20 (Late)
- **Non-Conference Participants:** \$30 (Early Bird) / \$35 (Late)

N.B: for conference participants, please upload copy of your conference registration receipt.

Number of participants per workshop :Maximum of 40 participants