

WORKSHOP DETAILS  
& SCHEDULE

**Psychological First Aid  
Training**

*Presented by*

Mary Ann Fruhling  
Kasey Moyer  
Friday, April 21, 2006

**Training to be held at:  
Region V Systems  
1645 N Street, Suite A  
Lincoln, NE 68508**

**Workshop Agenda**

8:30 a.m. Registration Check In  
9:00 a.m. Workshop Begins  
12:30 p.m. Lunch  
4:30 p.m. Adjourn

**Please call 441-4343 with any  
questions.**

**Future dates include:  
June 16, 2006 - York, NE  
August 4, 2006 - Falls City, NE**



**REGION V SYSTEMS**

1645 N Street, Suite A  
Lincoln, Nebraska 68508

Phone: 402-441-4343  
FAX: 402-441-4335  
Email: [reachus@region5systems.net](mailto:reachus@region5systems.net)

**Psychological  
First Aid  
Training**

**Presented by:  
Mary Ann Fruhling  
Kasey Moyer**

**April 21, 2006**

**9:00 a.m. to 4:30 p.m.  
8:30 a.m. Registration**

*The workshop is free of charge!*



**Future dates include:  
June 16, 2006 - York, NE  
August 4, 2006 - Falls City, NE**

**REGION V SYSTEMS**



**Promoting Comprehensive  
Partnerships in  
Behavioral Health**

## This training is designed for you, if you . . . .

- Are adventuresome, sociable, calm, flexible, and tolerant of ambiguity.
- Have empathy, genuineness, positive regard for others, and listening skills.
- Are interested in volunteering to help others in a disaster situation and making a meaningful difference in their lives.
- Are supervising volunteers in behavioral health disaster response; you will want to attend so you are familiar with volunteers' training.

## Psychological First Aid Training: A Brief Overview

This training program is an adaptation of "Community-Based Psychological Support" developed by the International Red Cross. This program will give volunteers the skills to provide needed support to others. This course is only eight hours long and is designed to fit into the busy schedules of committed volunteers. This training introduces critical skills in seven areas and equips volunteers to make a lasting impact on the lives of survivors.

## The Seven Areas of Training Focus On:

- Psychological support
- Stress and coping
- Supportive communications
- Promoting community self-help
- Populations with special needs
- Helping the helper
- De-escalation

## General Information

Cost: Free

Trainers: Mary Ann Fruhling  
Kasey Moyer

CEUs: A certificate will be issued for eight contact hours.

Please contact Theresa Gomez with any questions at 441-4358 or [tgomez@region5systems.net](mailto:tgomez@region5systems.net).

## Training Location

Date: April 21, 2006\*

Location: Region V Systems  
1645 N Street, Suite A  
Lincoln, NE 68508

Time: 9:00 a.m. - 4:30 p.m.  
8:30 a.m. Registration

Lunch and a snack will be provided.

\*If you are interested in attending, but are unable to due to date or location, please call and let us know at 441-4343 .

## Psychological First Aid Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Profession: \_\_\_\_\_  
Special Dietary Needs: \_\_\_\_\_

### Register by:

**Mail:** Region V Systems  
c/o Jean Barton  
1645 N Street, Suite A  
Lincoln, NE 68508

**Fax:** Attn: Jean Barton  
402-441-4335

**Cost:** Free

Questions: 402-441-4343

**Deadline:** April 17, 2006

**Register Early- Seating Is Limited!**