

**WORKSHOP DETAILS  
& SCHEDULE**

**Psychological First Aid  
Training**

*Presented by*

Jennifer Heckman

Kasey Moyer

Friday, August 4, 2006

**Training to be held at:  
First United Methodist Church  
1700 Harlan Street  
Falls City, NE 68355**

**Directions:**

Enter Falls City headed south on Hwy 73 (this turns into Harlan Street). The church is located on the east side, across from the courthouse. Parking is on the north side of church (large lot). Enter the church through the alley entrance on the east side of the church and the training is in the basement.

**Workshop Agenda**

- 9:30 a.m. Registration
- 10:00 a.m. Workshop Begins
- 12:30 p.m. Lunch
- 5:30 p.m. Adjourn

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



**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:  
Jennifer Heckman  
Kasey Moyer**

**August 4, 2006**

**10:00 a.m. to 5:30 p.m.  
9:30 a.m. Registration**

*The workshop is free of charge!*



**Additional training coming soon  
please call (402)441-4343 for more  
information.**

**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: Jennifer Heckman  
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: August 4, 2006\*

Location: First United Methodist Church  
1700 Harlan Street  
Falls City, NE 68355

Time: 10:00 a.m.– 5:30 p.m.  
9:30 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.

**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:** July 31, 2006

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

**Register Early- Seating Is Limited!**