

**WORKSHOP DETAILS
& SCHEDULE**

**Psychological First Aid
Training**

Presented by

Vikki O'Hara, M.Div.

Kasey Moyer

Friday, September 15, 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.**



REGION V SYSTEMS

1645 N Street, Suite A
Lincoln, Nebraska 68508

Phone: 402-441-4343

FAX: 402-441-4335

Email: reachus@region5systems.net

**Psychological
First Aid
Training**

**Presented by:
Vikki O'Hara, M.Div.
Kasey Moyer**

September 15, 2006

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

The workshop is free of charge!



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: Vikki O'Hara, M.Div.

Kasey Moyer

CEUs: A certificate will be issued for 6.5 contact hours

Please contact Theresa Gomez with any questions at 441-4358 or tgomez@region5systems.net.

Training Location

Date: September 15, 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.

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: September 11, 2006

Register Early- Seating Is Limited!