

**WORKSHOP DETAILS  
& SCHEDULE**

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**Psychological First Aid  
Training**

*Presented by*  
Vikki O'Hara M.Div.  
September 1, 2006

**Training to be held at:**  
**Lyons City Auditorium**  
**335 Main Street**  
**Lyons, NE 68038**

**Workshop Agenda**

7:30 a.m. Registration  
8:00 a.m. Workshop Begins  
5:00 p.m. Workshop Ends  
Lunch will be provided.

**Please call 750-1905 with any  
questions.**



Region 4 Behavioral Health Systems  
Deanna Beckman  
110 E Willow  
Pierce, NE 68767  
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Email: [deebeckman@cableone.net](mailto:deebeckman@cableone.net)

**Psychological  
First Aid  
Training**

**Presented by:**  
**Vikki O'Hara M.Div.**

**September 1, 2006**

**8:00 a.m. to 5:00 p.m.**  
**7:30 a.m. Registration**

*The workshop is free of charge!*



**Future dates include:**  
**September 22, 2006 Wayne, NE**

## 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

CEUs: A certificate will be issued for 6.5 contact hours

Contact Deanna Beckman with any questions

At 402-750-1905 or [deebeckman@cableone.net](mailto:deebeckman@cableone.net)

## Training Location

Date: September 1, 2006

Location: Lyons City Auditorium  
335 Main Street  
Lyons, NE 68038

Time: 8:00 a.m.– 5:00p.m.  
7:30a.m. Registration  
Lunch will be provided

## Psychological First Aid Registration Form

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

**Register:**

**Mail:** Deanna Beckman  
110 E Willow  
Pierce, NE 68767

**Fax:** 402-329-4469

**Cost:** Free

**Questions:** 402-750-1905

**Deadline:** August 25th