

WORKSHOP DETAILS  
& SCHEDULE

**Psychological First Aid  
Training**

*Presented by*  
Vikki O'Hara M.Div.  
September 22, 2006

**Training to be held at:**  
**Wayne State College**  
**Elkhorn Room**  
**Northwest part of the**  
**Student center**  
**Wayne, NE 68787**

**Parking is available in lot 10 (large paved lot between the Student Center and the hospital with a guest permit. These can be picked up at Campus Security (brick house south of lot 10).**

**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 22, 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 1, 2005 at Lyons**

## 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 22, 2006

Location: Wayne State College  
Elkhorn Room –Northwest  
Part of the Student Center  
Wayne, NE 68787

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: September 15th