

Mental Health and Psychological First Aid: Workshop Agenda

Speaker: Hanadi Massalkhi, BSN, MSN-Psychiatry and Mental Health (AUB)
Language: presentation in Arabic

Thursday January 10, 2013

09:00 – Welcome

Introduction to the workshop

09:15 – General Concepts of Mental Health and Mental Illness

Mental Health Basics

Therapeutic Communication

Mental Status Examination

Legal, Ethical, Cultural Issues

10:30 – *Coffee Break*

10:45 – Psychological First Aid (PFA)

Definition, history and goal of PFA

Resilience

PFA Skill Set

De-escalation Techniques

Psychological Condition of People in Emergencies

Psychological Support

Attributes and Skills of Healthcare Provider

Do's and Don'ts of PFA

Referrals for Additional Care and Support

13:00 – *Lunch Break*

13:30 – Grief and Loss

Definition, characteristics and stages of Grief

Dealing with Grief

Stress and Coping Strategies

Definitions of Stress

Predisposing Factors & Precipitating Stressors

Stress Response

Phases of Stress Reaction

Helping the Helper

Self Help Techniques

Purposes of Coping Skills

Stress Management Techniques

15:00 – Evaluation and Workshop Closure
