

Justice Institute of British Columbia COURSE OUTLINE

Course Code: CISM201

Course Title: Psychological First Aid

Prerequisite Courses: Introduction to Critical Incident Stress Management (CISM100)

School: School of Community and Social Justice

Division/Academy/Centre: Centre of Counselling and Community Safety

Previous Course Code & Title: N/A

Course First Offered: February 7, 2009

# of Credits:	0.5
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Course Description:

Psychological first aid is a modular approach to providing psycho-social and emotional help to victims of traumatic events. This course provides information to front-line workers on how to assist individuals and families in the immediate aftermath of a tragedy and community catastrophe by managing initial distress, identifying coping actions and mobilizing resources for interpersonal support.

Course Goal(s):

This course will provide learners with the ability to apply psychological first aid techniques in the immediate aftermath of a traumatic event.

Learning Outcomes:

Upon successful completion of this course, learners will be able to:

- Support survivors by normalizing reactions through identifying psychosocial stress response.
- Identify the core strategies of psychological first aid: safety, comfort, connect.
- Know when and how psychological first aid can be implemented.
- Help survivors address their immediate needs through assisting them to develop behaviour and coping mechanisms that support their recovery.
- Outline the value of interpersonal support networks, how to mobilize these networks for the survivor, and how to connect survivors to them.
- Encourage individuals to be active participants in their recovery.
- Demonstrate the skills to deliver psychological first aid.

Course Topics/Content:

- Engaging the survivor
- Re-establishing psycho-social safety and comfort
- Managing beleaguered survivors by assessing and responding to their needs and concerns
- Connecting survivors to available primary and secondary support services

Text and Resource Materials: Psychological First Aid CISM201 Participant's Manual (JIBC, 2014)

Required: Psychological First Aid CISM201 Participant's Manual (JIBC, 2014)

Recommended: N/A

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC: N/A

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7			
Simulation/Lab				
Practicum/Fieldwork				
Online				
Correspondence	7			
Total Class Hours				

Comments on Delivery Methods:

Delivery is a combination of lecture, practical, individual and group work.

Course Grading System:

	Letter Grades		Percentage	X	Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	Pass
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Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

Learners are evaluated on their performance in the practical, role-play portion of this course. Where improvement is necessary to successfully complete the course, learners will be so advised by instructors/coaches.

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

- Student Academic Integrity Policy
- Academic Progression Policy
- Admissions Policy
- Academic Appeals Policy
- Evaluation Policy
- Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

- Access Policy
- Harassment Policy – Students
- Student Records Policy
- Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.