

About Course	The Advanced Psychological First Aid (APFA) is designed for individuals who have completed the basic Psychological First Aid (PFA) or PFA+ training and are seeking to deepen their crisis response capabilities. This course builds on the foundational knowledge, introducing advanced techniques to navigate complex emotional reactions, support individuals experiencing grief and trauma, and maintain self-care as a PFA provider. Through interactive discussions, roleplay simulations, and guided self-reflection, participants will strengthen their ability to deliver structured, empathetic psychological support in high-stress environments. The training emphasizes real-world application, preparing learners to respond effectively in diverse crisis scenarios. As part of a continuous learning pathway, this course is ideal for those looking to expand their skills in mental health support and further their professional development in helping roles.		
Learning Unit(s)	Learning Unit 1: Advanced Insights into Complex Reactions Learning Unit 2: Understanding the Stages of Grief Learning Unit 3: Exploring self-care for PFA Providers		
Learning Outcomes	At the end of course, learners will be able to: • Identify and analyze complex emotional and psychological responses triggered by crises • Apply tailored Psychological First Aid techniques to provide compassionate support to individuals navigating grief • Explore the risks of neglecting self-care, such as burnout and compassion fatigue		
Prerequisites	Completion of Psychological First Aid or Psychological First Aid + course		
Duration	14-hours		
Course Fees	S\$350 per learner (exclusive of GST)		
Certification	Certificate of Completion will be issued to participants who achieve at least 75% attendance of the programme		
Training Schedule			
Learning Unit	Content	Methodology	Duration
Advanced Insights into Complex Reactions	Explore complex emotional and psychological reactions such as panic attacks, self-harm, suicidal ideation, dissociation, avoidance, compassion fatigue, burnout, and aggression. Learn signs, symptoms, and how to apply the Look–Listen–Link approach in advanced crisis situations.	Interactive discussion, roleplay	7 hours

Understanding the Stages of Grief	Understand types of grief, the Five Stages of Grief, unresolved grief risks, and how to support individuals navigating loss using tailored PFA responses.	Case study, roleplay	90 minutes
Exploring self-care for PFA Providers	Learn why self-care is essential for helpers, risks of neglect (burnout, compassion fatigue), boundaries, and how to use Look–Listen–Link for self-support. Reflect on personal experiences and practise real-life strategies	Reflection writing	120 minutes