

About Course	The Psychological First Aid in Groups course equips learners with practical skills to provide emotional support in group settings, supporting teams who have experienced a shared distressing event. Designed for psychosocial support providers, frontline responders, and team members with a duty of care, it introduces the core principles of group PFA and how to apply them effectively in real situations. Learners will explore the psychosocial needs of groups, learn how to structure and guide support meetings, and strengthen their ability to offer inclusive, compassionate care. Through discussions, role plays, and scenario-based practice, participants will build the confidence to assess when group PFA is needed, facilitate safe and supportive discussions, manage group dynamics, and provide individual attention within a group context. By the end of the course, learners will be able to apply PFA in groups to promote resilience, empathy, and connectedness among those they support.		
Learning Unit(s)	Learning Unit 1: Introduction to Psychological First Aid in Groups Learning Unit 2: Understanding Psychosocial Well-being in Groups Learning Unit 3: Core Principles and Structure of a Group PFA Session		
Learning Outcomes	At the end of this course, you will be able to: • Explain the purpose, scope, and appropriate use of Psychological First Aid in group settings • Identify and assess the psychosocial needs, risks, and protective factors affecting groups after a distressing event • Apply the Look, Listen, Link principles to plan, structure, and facilitate a safe, inclusive group PFA session		
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
Introduction to Psychological First Aid in Groups	Gain an understanding of the purpose, scope, and appropriate use of PFA in groups, and how it supports collective recovery after a shared distressing event. Emphasis is placed on how group-based PFA complements individual PFA while	Interactive presentation, guided group discussion	45 minutes

	fostering safety, empathy, and connection among group members.		
Understanding Psychosocial Well-being in Groups	Explore common signs of psychosocial distress in group settings, variations across age, gender, and cultural backgrounds, and key group dynamics such as cohesion, trust, conflict, and mutual support. Learners are introduced to mapping group needs, risks, and protective factors.	Interactive presentation, scenario-based small-group discussion	60 minutes
Core Principles and Structure of a Group PFA Session	Introduced to the six steps of Group PFA, practise applying them through guided scripting, role-plays, and facilitated feedback, and learn to manage group dynamics while maintaining appropriate boundaries and self-care.	Presentation, facilitated deep-dive discussions, roleplay	630 minutes