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**Psychological First Aid**

**Training**

**Presented By**

**The NH Department of Health & Human Services Emergency Services Unit**

**Hosted by the Upper Valley Medical Reserve Corps**

**TRAINING**

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**CEUs**

**When: Wednesday February 8th, 2017**

**6:00 pm – 8:00 pm**

**Where: Dartmouth Hitchcock**

**Medical Center**

[**Auditorium C/D**](http://one.hitchcock.org/intranet/departments/conference_services/conference_room_directions/auditorium_c)

**1 Medical Center Dr.**

**Lebanon, NH**

**Objectives:**

* To understand the purpose of Psychological First Aid (PFA), the roles of those providing PFA and the basic principles involved in implementing PFA in a disaster situation
* To gain some understanding of how people react to and cope with stress, trauma and loss
* To begin to learn communication strategies that support healthy coping and resilience and communication skills to calm anxious individuals
* To gain an emerging understanding of common signs of escalating anxiety and effective methods of de-escalating agitated behavior
* To explore the characteristic reactions of vulnerable groups and effective interventions to assist vulnerable groups
* To understand how reactions to stress may affect helpers and strategies to manage helper stress

**2.0 CEUs approved by the NH Chapter of the NASW**

**2.0 Contact Hours for other Continuing Education Credits as applicable**

**To register, please provide your Name, Email, Affiliation & Phone Number to:**

**Upper Valley MRC**

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