



# PSYCHOLOGICAL FIRST AID FOR CHILDREN

**A ONE-DAY IN-PERSON WORKSHOP**

## WHAT IS PSYCHOLOGICAL FIRST AID?

Psychological First Aid (PFA) is an evidence-informed approach to supporting children and adolescents in the aftermath of crises, disasters, or terrorism.

This workshop introduces the World Health Organization's (WHO) "Look, Listen, Link" model to help participants confidently and compassionately assist children and caregivers in distress.

\*Note: This is not a certification course in counselling or therapy.\*

## TRAINING OBJECTIVES

- ✓ Learn the WHO PFA model (Look, Listen, Link)
- ✓ Pick up signs of distress in children, adolescents, and caregivers
- ✓ Assist children and adolescents in distress
- ✓ Gain knowledge of local mental health resources

## TARGET AUDIENCE

This course is suitable for anyone interested in offering practical emotional support to children and adolescents in times of crisis.

## SLOTS ARE LIMITED

## REGISTER HERE:



## WORKSHOP DETAILS

 29 April 2026  
(Wednesday)

 Full day (9am - 6pm)

 In-person at the National University of Singapore

 SGD 280.00

## TRAINER PROFILE



Fiona Tan is a Registered Clinical Psychologist, Clinical Supervisor, and Instructor at the National University of Singapore (NUS).

She previously worked as a Senior Clinical Psychologist with the Child Forensic Team at the Child Guidance Clinic, Institute of Mental Health. She is experienced in working with trauma-affected children and youth, and has a particular interest in supporting survivors of traumatic events. Fiona teaches child psychopathology and trauma interventions, and is trained in CBT, TF-CBT, EMDR, CCPT, and expressive therapies.