

Intensifying Mapúa Support System through Psychological First Aid (PFA) – A Seminar for Teaching and Non-Teaching Employees

Resource Speaker:
Mr. Archibald S. Siason RGC, RPm

March 1, 2024
Zoom, CGC Mapúa FB Live
With 114 Participants

Facebook Link: <https://www.facebook.com/share/v/22JMyCgnekzYs7J3/>



Intensifying Mapúa Support System through Psychological First Aid (PFA)

(A Webinar for Teaching and Non - Teaching Employees)

With
Mr. Archibald S. Siason, RGC, RPm

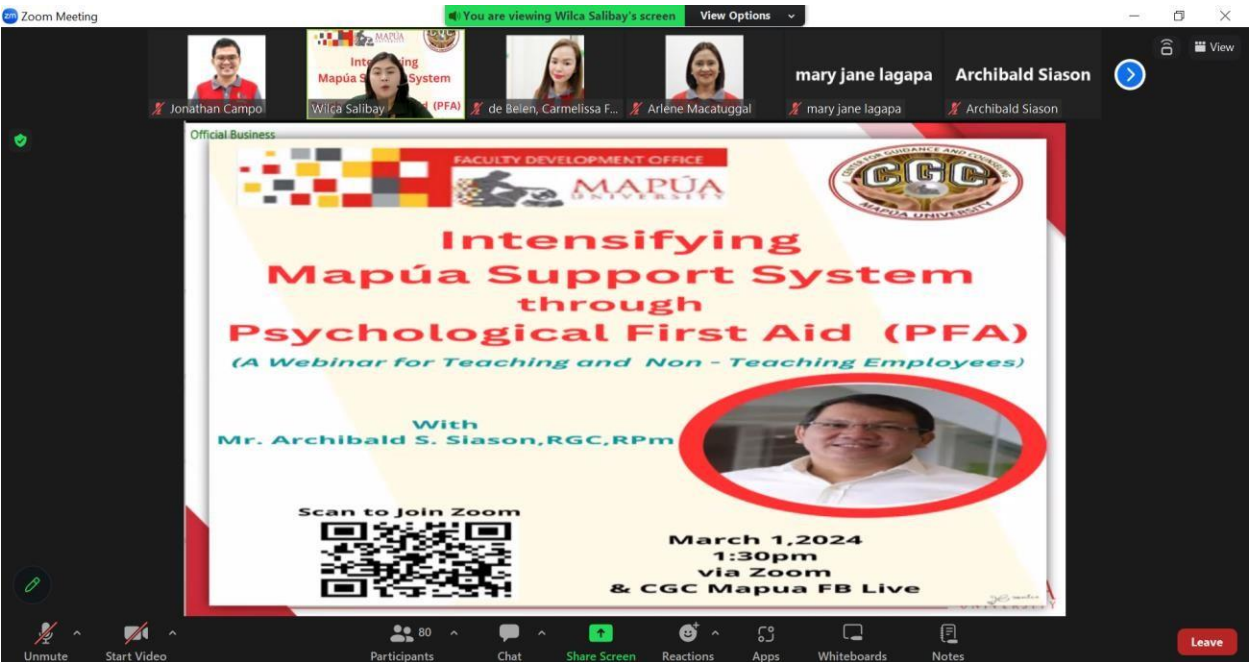
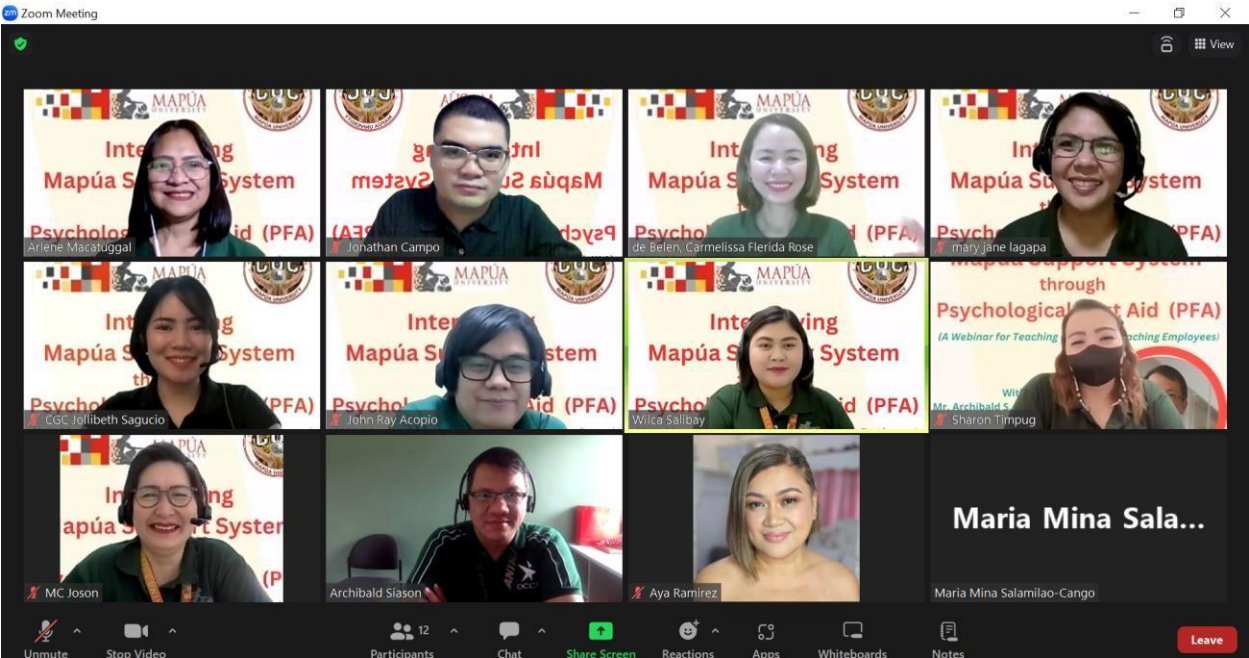


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March 1, 2024
1:30pm
via Zoom
& CGC Mapúa FB Live





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- The registration link is provided in the chat box and comment section of Mapua-CGC FB live.
- Keep your mic on mute and your video off to prevent disruptions.
- Please use the chat box if you would like to ask questions. Due to limited time, the moderators will select questions for the open forum.
- Before the webinar ends, turn on your video for picture-taking.
- Kindly accomplish the evaluation form after the webinar. The link will be available in the chat box and comment section of Mapua - CGC FB Live.

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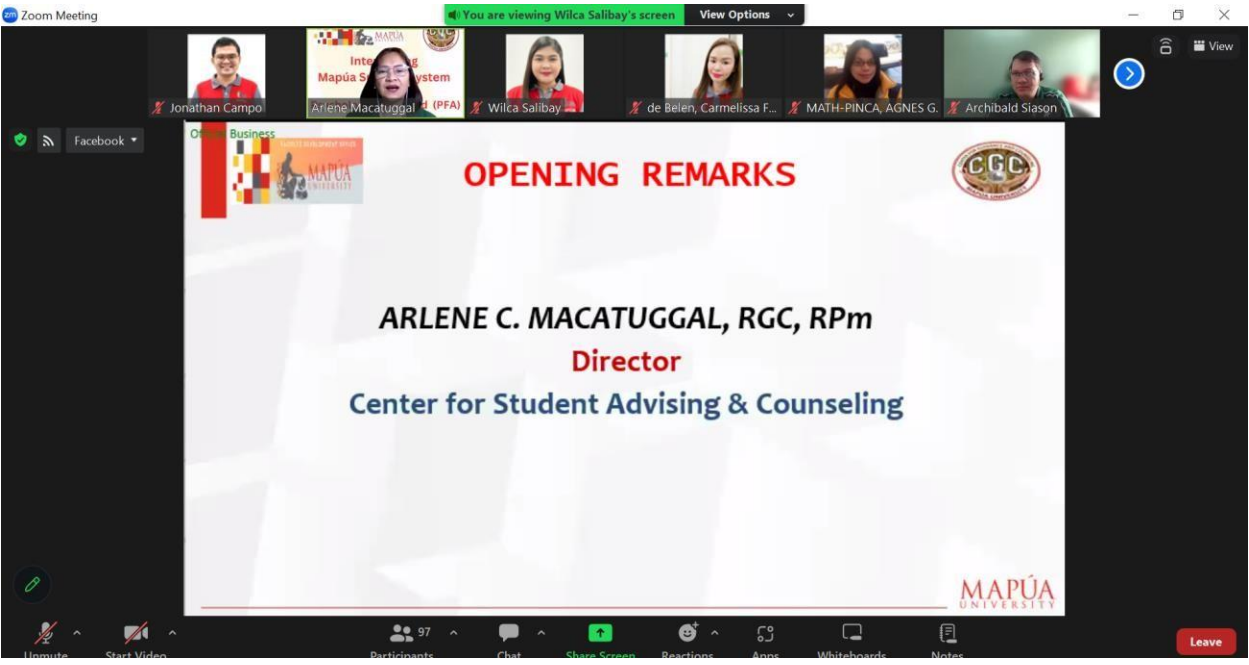
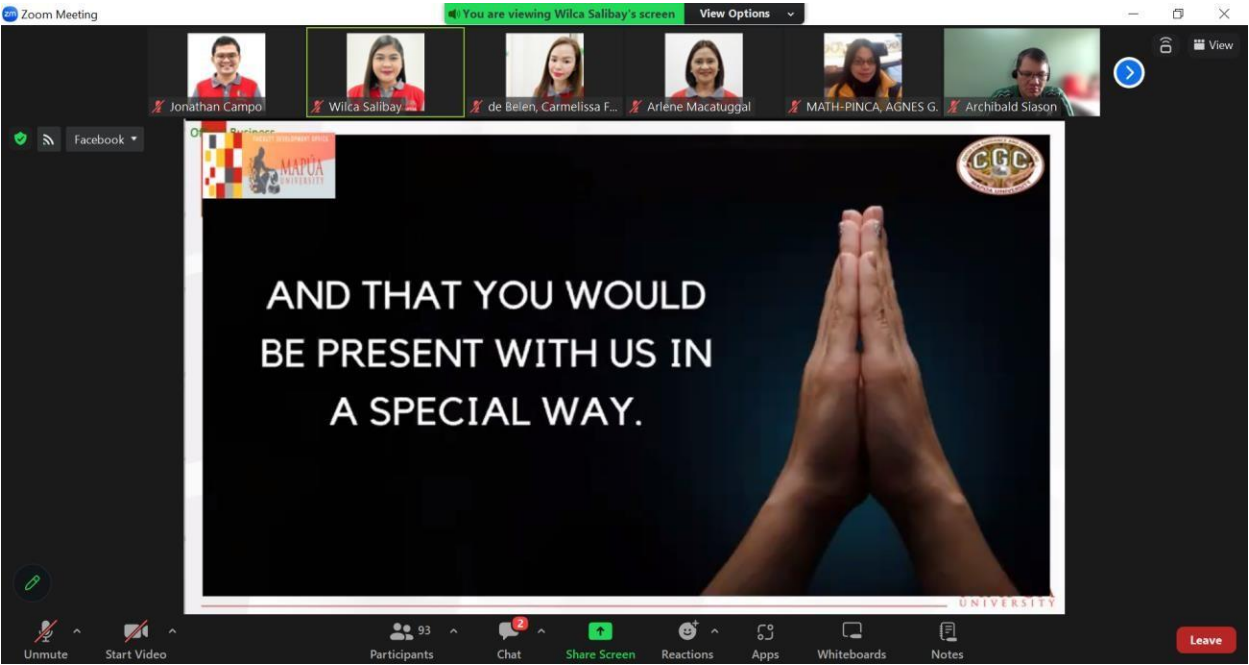
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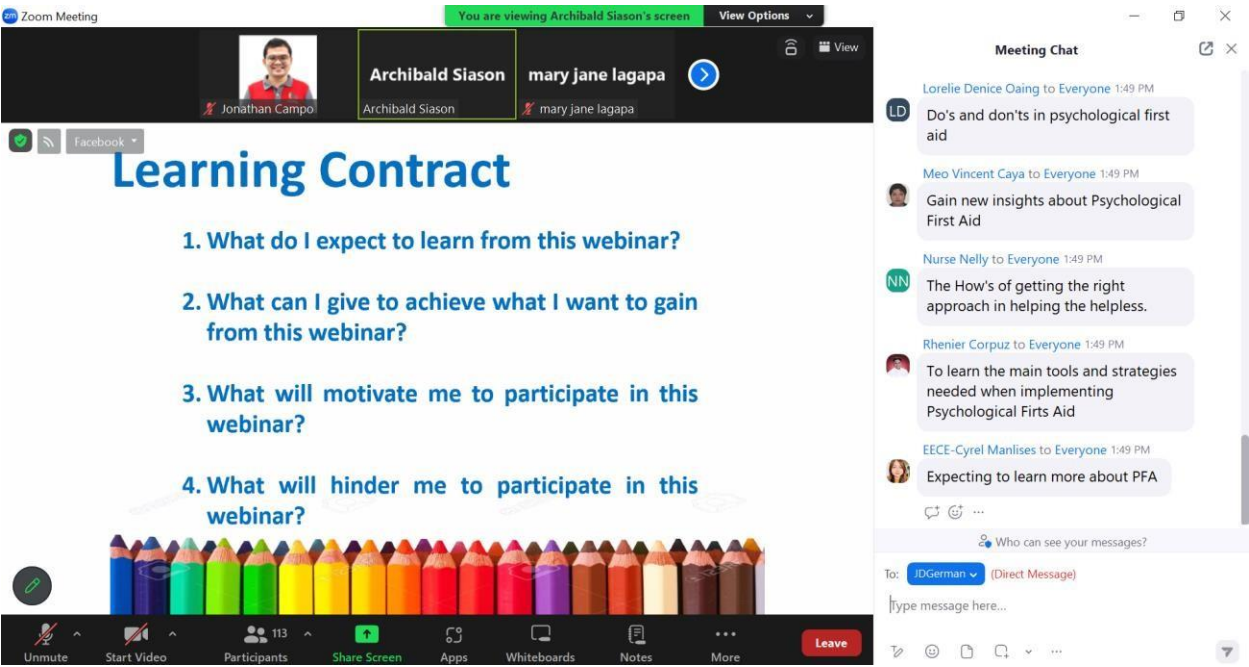
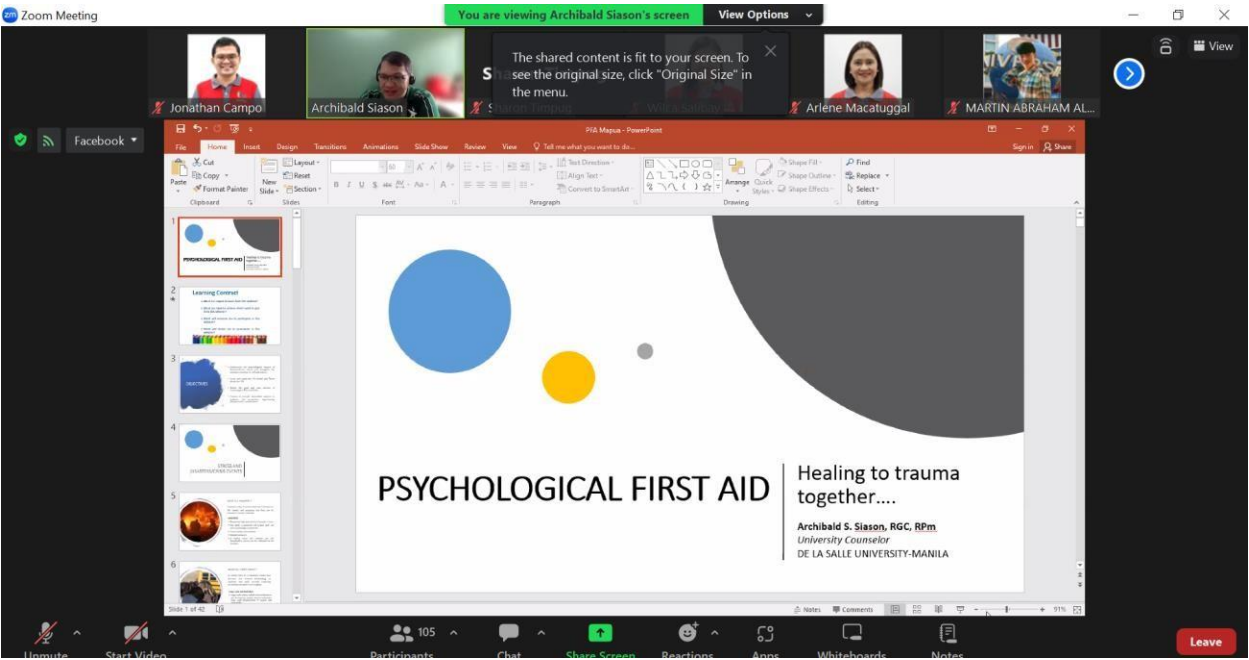
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OBJECTIVES

- Understand the psychological impact of disasters/crisis events and recognize the common reactions in self and others.
- Learn and apply the LPC-Model and Teach Model for PFA
- Define the goal and core actions of Psychological First Aid (PFA).
- Prepare to provide immediate support to students and co-workers experiencing disaster/crisis related stress.

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COMMON STRESS REACTIONS TO DISASTER

Physical effects	Cognitive effects	Emotional effects	Interpersonal effects
Fatigue	Impaired concentration	Shock	Alienation
Insomnia	Impaired decision-making ability	Anger	Social withdrawal
Sleep disturbance	Memory impairment	Despair	Increased conflict within relationships
Hyperarousal	Disbelief	Emotional numbing	Vocational impairment
Somatic complaints	Confusion	Terror	School impairment
Impaired immune response	Distortion	Guilt	
Headaches	Decreased self-esteem	Grief or sadness	
Gastrointestinal problems	Decreased self-efficacy	Irritability	
Decreased appetite	Self-blame	Helplessness	
Decreased libido	Intrusive thoughts and memories	Loss of derived pleasure from regular activities	
Startle response	Worry	Disassociation (e.g., perceptual experience seems "dreamlike," "tunnel vision," "spacy," or on "automatic pilot")	

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