



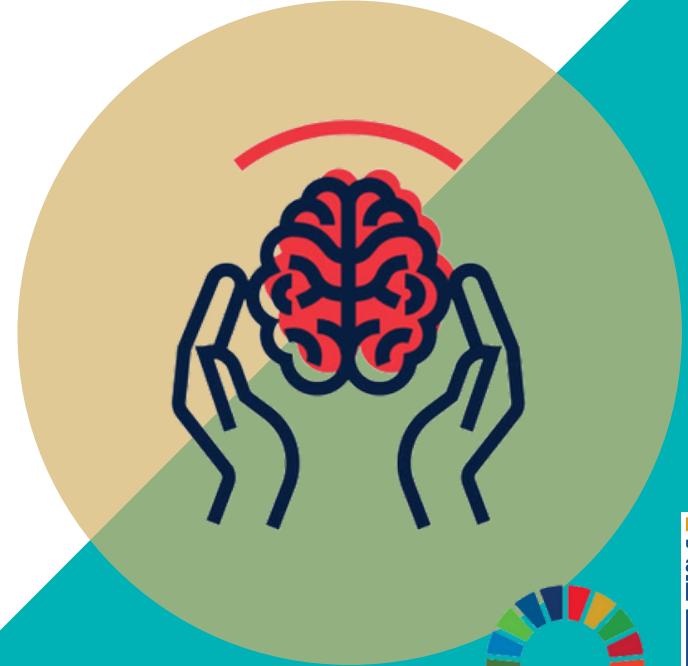
PSYCHOLOGICAL FIRST AID

دورة الإسعافات الأولية النفسية



Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism.

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Welcome to AlMaarefa University

AlMaarefa University (UM) is a private establishment of higher education, designed to fulfill a recognized public function, by meeting clearly identified needs in important domains for national development. By adopting an innovative approach to teaching and learning, and by making intensive use of cutting-edge educational technologies.

“We prepare high caliber participants in a knowledge based society and to motivate creativity, excellence in research, education, and community service.”



The Partnership with KING SALMAN HUMANITARIAN & RELIEF CENTER

At the center's Riyadh headquarters, the King Salman Center for Humanitarian Relief signed an agreement of collaboration with Al-Maarifa University.

Dr. Abdullah bin Abdulaziz Al-Rabiah, Adviser at the Royal Court and General Supervisor of the Center, and His Excellency the Rector of the University, Dr. Walid bin Hussein Abu Al-Faraj, signed the memorandum.

In addition to exchanging information and research, joint training capacities, cooperation, joint commercial connections, and joint exhibitions, the pact intends to coordinate and cooperate between the parties in various domains, medical support, and awareness overseas.





The Partnership with KING SALMAN HUMANITARIAN & RELIEF CENTER

In response to the request by KING SALMAN HUMANITARIAN & RELIEF CENTER to ALMaarefa to organize three training activities in collaboration with the centre, the Education Center prepared the first of these activities which is a three days course about Psychological First aid.





What Do You Know About Psychological first aid

Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event.



IN THIS COURSE

Is this course?
understand the basics of psychological first aid?
find yourself helping people in times of distress?
improve your listening skills?

You can make a difference to the well-being of people through how you interact and communicate during a crisis response, even if the interaction is only brief. The information in this course can be used to support anyone during a crisis situation or day to day stressors.



First Day Program

المحور	الوقت
اليوم الأول	
التسجيل	09:50-09:30
التقييم القبلي	10:00-09:50
مقدمة عن الصحة السلوكية في سياق الازمات الإنسانية والقواعد الدولية الإرشادية	10:30-10:00
الاستجابات الشائعة في الكوارث والأحداث الصادمة في المجموعات المتأثرة المختلفة	11:00-10:30
استراحة	11:15-11:00
الإسعافات الأولية النفسية – لمن؟	11:45-11:15
الإسعافات الأولية النفسية: من، متى وأين؟	12:05-11:45
استراحة الصلاة	12:30-12:05
الإسعافات الأولية النفسية: من، متى وأين؟	13:30-12:30
كيفية المساعدة بطريقة مسؤولة	14:00-13:30

دورة الإسعافات الأولية النفسية





Second Day Program

اليوم الثاني	
تقديم الإسعافات الأولية النفسية	11:00-10:00
استراحة	11:15-11:00
تمرين جماعي (1)	12:15-11:15
استراحة الصلاة	12:30-12:15
تمرين جماعي (2)	13:30-12:30
المراجعة ورسائل مهمة	13:45-13:15
التقييم البعدي	13:55-13:45
ختام الدورة	14:00-13:55

دورة الإسعافات الأولية النفسية





Mental Health & SDGs

Mental health is a global benefit that is important for all countries' long-term growth.

Everyone's mental health is a basic human right. To defend the rights of those with mental disorders and those at risk of developing them, as well as to build an environment that promotes mental health for all, a rights-based approach is required.

Mental Health & SDGs



Protecting mental health and wellbeing across the SDGs

Actions recommended by the Lancet Commission on global mental health and sustainable development



End poverty in all its forms everywhere

- Directing poverty alleviation interventions to people with mental health disorders
- Providing welfare payments (basic income grant) for people in extreme poverty
- Providing financial protection to people and families with mental health disorders



End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

- Ensuring adequate nutrition to all children and pregnant women for optimum brain development
- Reducing prevalence of depression and anxiety through improved food security



Ensure healthy lives and promote wellbeing for all at all ages

- Integrating mental health promotion, prevention, and care across the life course within the context of national efforts to achieve UHC
- Shifting mental health care from institutions to community platforms
- Developing and implementing a suicide prevention strategy
- Decreasing harmful use of alcohol and psychoactive substances
- Identifying and treating substance use disorders

The Instructors

These session was prepared for and delivered by consultants in the field working in the General Directorate of Emergency, disaster, and medical transport in the MOH and a consultant from the COM Almaarefa University.



Prof.Abdulmunim Almurde
Director of Education Center
Organizer

Dr.Khaldoun Marwa, MD.

KSUF-Psych. (SA), D.P.M. (Ire), APAF (US), CPAM. (Canada)
Assit Professor in Psychiatry, Consultant Psychiatrist
Chairman of Clinical Medicine Department, Al Maarefa Colleges, Riyadh
.Saudi Arabia. Head f Transcultural and Spiritual sections - Arab Federation
of Psychiatrist. Approved Instructor, Disaster Crisis Intervention & stress
Management, (ICISF (Baltimore, US



The Instructor



HISHAM ALI DINAR
CONSALTANT OF DISASTER MEDICINE

AFNAN AHMAD ALMAS
CONSALTANT OF DISASTER MEDICINE



Participants



Participants were from different specialties

التخصص	الاسم الثلاثي باللغة الانجليزية	الاسم الثلاثي باللغة العربية	م
اخصائي تمرريض	Khamees Saeed Ali Alzahrani	خميس سعيد الزهراني	1
مهندس معماري	Rashed Abdulrahman Rashed Alqusmul	راشد عبدالرحمن القصول	2
تاريخ	Mazen Saleh Alghamdi	مازن صالح الغامدي	3
علم نفس	Sarah Saeed Alshahrani	سارة سعيد الشهراني	4
خدمة اجتماعية	Hanin Abdullah Alsanei	حنين عبدالله الصنيع	5
علم نفس	Mona Abdulaziz Alshabibi	منى عبدالعزيز الشبيبي	6
	Ziad Abdullah M. Alkhamis	زياد عبدالله الخميس	7
	Bassam Faisal Halal Alanazi	بسام فيصل العنزي	8
	Badi Mohammed Alrawi	بديعة حمد الراوي	9
طب عام	Ahmed Abdallah Mahmoud	د. أحمد عبدالله محمود	10
طب أسرة	Abdulah Mohammed Almutairi	عبدالله محمد مبروك المطيري	11
	Raed Ali Alanazi	رائد علي العنزي	12
إدارة الفروع		عبدالكريم عبدالله اللحيدان	13
البرامج التطوعية		أمل فواز الحربي	14
البرامج التطوعية		رحاب فيصل العتيبي	15
الدعم التطوعي		مضاوي سعد الخميس	16

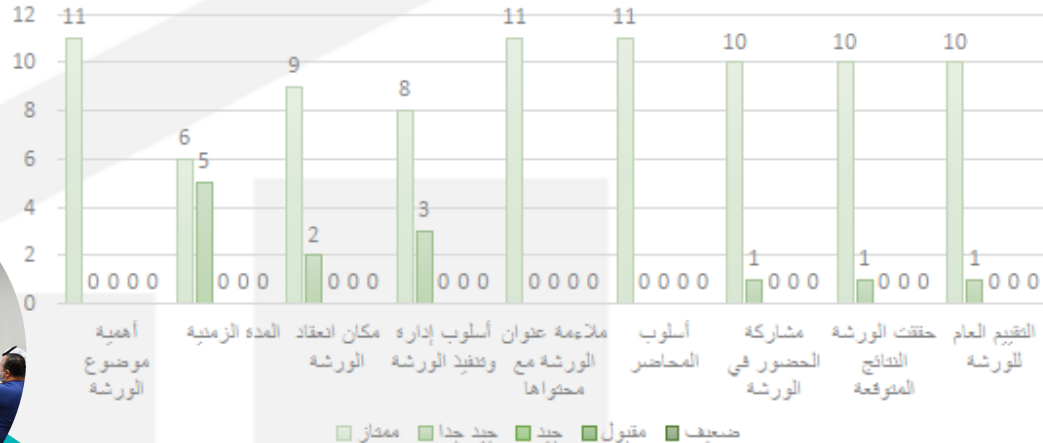
Course Evaluation

The participants responded to a preworkshop evaluation test and a postworkshop evaluation test Participants also filled a satisfaction evaluation questionnaire



تقييم البرنامج

تقييم ورشة عمل الإسعاف النفسي الأولي





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دورة الإسعافات الأولية النفسية

10 - 9 مارس 2022 م



جامعة المعرفة
ALMAAREFA UNIVERSITY

مركز الملك سلمان
للإغاثة والأعمال الإنسانية
KING SALMAN
HUMANITARIAN AID & RELIEF CENTRE



THANK YOU