



Syllabus of the course
«Psychological first aid»

Specialty	<i>all</i>
Study Programme	<i>all</i>
Study cycle (Bachelor, Master, PhD)	<i>the first (Bachelor) level of higher education</i>
Course status	<i>Selective</i>
Language	<i>English</i>
Term	<i>second year third semester or second year fourth semester or third year fifth semester or third year sixth semester</i>
ECTS credits	<i>5</i>
Workload	<i>Lectures – 30 hours. Practical studies – 30 hours. Laboratory studies – 0 hours. Self-study – 90 hours.</i>
Assessment system	<i>Grading</i>
Department	<i>Department of Psychology and Sociology auditorium 406 (CC-14) of the General building phone: (050) 848 19 00</i>
Teaching staff	<i>Hanna Bilokonenko, PhD in Economics, Associate professor</i>
Contacts	<i>hanna.bilokonenko@hneu.net</i>
Course schedule	<i>Lectures: <u>according to the schedule</u> Practical studies: <u>according to the schedule</u></i>
Consultations	<i>At the Department of Psychology and Sociology, offline, according to the schedule, individual, LMS chat.</i>

Learning objectives and skills:

Developing system of theoretical knowledge and practical skills in non-psychologists to provide psychological first aid in difficult situations and stressful conditions with various emotional signs

Structural and logical scheme of the course

Prerequisites	Postrequisites
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Course content

Module 1: Foundations of psychological first aid

Topic 1. Concept of stress. Signs of acute stress

Topic 2. Structure and principles of psychological first aid

Topic 3. Features of providing psychological first aid

Module 2: Peculiarities of providing psychological first aid to persons who have experienced a stressful event

Topic 4. Model of Individual Crisis Intervention (developed by Dr.G.S. Everly)

Topic 5. Protocol for providing psychological first aid (developed by N. Agazade)

Topic 6. Psychological first aid. Step-by-step guide for members of Emergency Response Unit of the Ukrainian Red Cross Society



Topic 7. Providing PFA to persons with aggressive behavior, with signs of stupor, and signs of apathy

Topic 8. Providing PFA to persons with signs of motor excitement, disorientation, with signs of fear, with signs of panic, with signs of hallucinations and delusions, with signs of grief

Topic 9. Techniques and exercises for emotional regulation and self-regulation of states

Teaching environment (software)

Multimedia projector, S. Kuznets KhNUE PNS, Corporate Zoom system

Assessment system

Assessment of students' learning outcomes is carried out by the University according to the cumulative 100-point system.

Current control is carried out during lectures and practical (seminar) classes and aims to assess the level of students' readiness to perform particular tasks, and is assessed by the amount of scored points.

The maximum amount during the semester – 100 points; the minimum amount required is 60 points.

Current control includes the following assessment methods: individual educational and research tasks, written control work, business game, report with presentation.

More detailed information on assessment and grading system is given in the technological card of the course.

Course policies

Teaching of the academic discipline is based on the principles of academic integrity.

Violation of academic integrity includes academic plagiarism, fabrication, falsification, cheating, deception, bribery, and biased assessment.

Educational students may be brought to the following academic responsibility for breach of academic integrity: repeated assessment of the corresponding type of learning activity.

More detailed information about competencies, learning outcomes, teaching methods, assessment forms, self-study is given in the Course program