

Psychological First Aid

This is a seminar that goes hand in hand with Shelter Operations.

This seminar is given by an affiliate of the MRC (Medical Reserve Corps) and DBRT (Disaster Behavioral Response Team). These individuals are trained in disaster human behaviors.

The seminar will include:

- *Classroom discussion of past disaster lesson learned**
- *Practical discussions of real situations the instructors have experienced.**
- *How to handle individuals under stressful situation**
- *How to handle your well being under stress situations**
- *When and when not to engage an individual**

Members will gain valuable knowledge of human behavior under stressful situations. This can be applied to everyday situations as well.