

MRC Psychosocial Support Training Menu
(Resource Mobilization through trainings)

Training modules	Training Duration	What is this about?	Content covered	Fee per person
<i>Introduction to Psychological First Aid Training</i>	5 hours (1 day)	It introduces participants to basic psychological first aid skills	<ul style="list-style-type: none"> - What is PFA and what is not PFA - Distressing events and common reactions to distressing events - PFA action principles: Look listen and link - Demonstration and role play - Self-care 	MVR 350/-
<i>Basic Psychological First Aid Training</i>	8 hours (1 day)	It introduces basic psychological first aid skills and presents a range of situations faced by adults, their reactions to crises, and how helpers may respond appropriately	<ul style="list-style-type: none"> - What is PFA and what is not PFA - Distressing events and common reactions to distressing events - PFA action principles: Look listen and link - Complex reaction and psychological triage - When to do referral - Demonstration and role play - Self-care 	MVR 500/-
<i>Supportive Communication Training</i>	16 hours (2 days)	This training covers the basic skills and knowledge including range of listening and responding skills and have insight into the values, ethics, and boundaries of their work as PSS helpers	<ul style="list-style-type: none"> - What is Psychosocial Support - Ethical consideration and code of conduct - Useful communication Skills - How to structure a conversation - Stress and Coping - Loss and Grief - What is Psychological First Aid - Self-Care 	MVR 800/-

<i>Supportive Communication Session</i>	2 hours	This training covers the basic skills and knowledge including range of listening and responding skills and have insight into the values, ethics, and boundaries of their work as PSS helpers	<ul style="list-style-type: none"> - What is MHPSS - Ethical consideration and code of conduct - Useful communication Skills - How to structure a conversation - Self-Care 	MVR 200/-
<i>Session: Stress and Coping</i>	2.5 hours	This session introduces to types of stress, various coping strategies and how to assist someone to cope	<ul style="list-style-type: none"> - What is stress - Types of stress - Reaction to stress - What is coping - Coping strategies - Healthy coping - Assisted coping - Self-care 	MVR 200/-
<i>Session: Loss and Grief Session</i>	2.5 hours	This session focus providing an understanding on various reactions to loss and how to support someone who is grieving.	<ul style="list-style-type: none"> - What is Loss - Types of loss - Reaction to loss - What is grief? - Reactions while grieving - Factors that can complicate grieve process - How to support someone grieving - Self-care 	MVR 200/-
<i>Session: Suicide Prevention Session</i>	4 hours	This session focus on creating an understanding on suicide and how to support individuals having self-harm behavior, suicidal thoughts or ideation	<ul style="list-style-type: none"> - Common myths and facts of suicide - Key terminologies - Risk and protective factors - How to communicate someone having suicidal thoughts - Assessment and safety plan - Psychoeducation - Self-care 	MVR 300/-

<i>Session Sexual Gender based Violence</i>	4 hours	This session introduces Sexual gender-based violence and how to provide assistance to a survivor of SGBC keeping in mind the impact and possible challenges.	<ul style="list-style-type: none"> - Key terminologies - Risk and protective factors - Types of SGBV - Impacts of SGBV - Survivor centered approach - Handling disclosure - Making referral - Possible challenges - Self-care 	MVR 300/-
<i>Mental health in Workplace</i>	2 hours	This session focus on creating an understanding on the importance of workplace and how to provide support to co-workers.	<ul style="list-style-type: none"> - What is mental health - Why it is important to promote wellbeing at workplace - Common distressing events and reactions - Risk factors and protective factors - Communications skills - Peer support - How to support as an organization - Self-care 	MVR 200/-

For more information, details or clarifications please email us at info@redcrescent.org.mv