



CLUSTER UNIVERSITY OF SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)

UG- Ist Semester (NEP)

Subject: Psychology

Course Title: Psychological Interventions-I (SEC)

Course Code: UGPSY22S101

Contact Hrs: 60 (Theory: 30, Tutorial: 30)

Total Credits: 04 :(Theory: 02; Tutorial/Practical = 02)

Max. Marks: 100

Theory Internal: 50

Tutorial/Practical (Internal): 50 Marks

Learning Objectives:

- Learn and apply psychological first aid.
- Manage psychological crisis reactions.

Learning Outcomes:

- The student will be skilled to apply Psychological First Aid in Crisis Situations.
- The student will learn listening skills & Assessment of Survivors needs for crisis management.

Unit I.	Psychological First Aid (PFA)
	a) Concept and Development (Historical Context of PFA). Need and Objectives of PFA. b) Basic Ethical Code of Conduct (Respect for persons, beneficence, confidentiality, consent, competence).
Unit II.	Introduction to RAPID Model
	a) Rapport and Reflective Listening: Goals and Importance; Empathy; Beginning the Conversation: Listening Tools b) Assessment of Physical and Psychological needs Stress: Eustress, Distress, Dysfunction (Cognitive, Emotional and Behavioral responses in Distress and Dysfunction).
Tutorials:- Assignment/Group Discussions/Presentation/Quiz/Book Review/Field Survey(Followed by Viva-Voce	
Unit III.	Tutorial 01
	a) Demonstration of PFA Skills: Videos and Practical Sessions, Group Discussions and Training Workshop
Unit IV.	Tutorial 02
	a) Assessment in PFA: Field visit to identify different referral community/NGO's/District hospitals. Assessment and Report Writing.

Suggested Readings:

- American Psychiatric Association. (1954). Psychological first aid in community 2. Disasters. Washington, DC: Author.
- Baker, E. K. (2003). Caring for ourselves as psychologists. The Register Report, 28, 7-10. <http://www.nationalregister.org/trr.html>.
- Dieltjens, T., Moonens, I., Van Praet, K., De Buck, E., & Vandekerckhove, P. (2014). A systematic literature search on psychological first aid: lack of evidence to develop guidelines. PloS one, 9(12), el14714. <https://doi.org/10.1371/journal.pone.0114714>
- Everly, Jr., G. S. & Lating, J. N. (2017). The Johns Hopkins Guide to Psychological First Aid. Johns Hopkins University Press.
- Everly, G. S., Jr. (1999). Toward a model of psychological triage. International Journal of Emergency Mental Health, 1, 151-154. Everly, Jr. G. S., & Flynn, B. (2006). Principles and practical procedures for acute psychological first aid training for personnel without mental health experience. International Journal of Emergency Mental Health; 8, 93-100.
- Everly Jr, G. S., Hamilton, S.E., Tviska, C. G. & Ellers, K. (2008). Mental health Response to disaster: consensus recommendations: early psychological intervention subcommittee (EPI), National Volunteer Organizations Active in Disaster (NVOAD). 8. 9. Aggression and Violent Behavior: A Review Journal: 407-412.
- Everly, Jr, G. S., Beaton, R. D., Pfefferbaum, B., & Parker, C. L. (2008). Training for disaster response personnel: the development of proposed core competencies in disaster mental health. Public Health Reports, 123, 13--19.
- Sheehan, D., Everly, Jr., G. S. & Langlieb, A. (2004). Current best practices coping with major critical incidents. FBI Law Enforcement Bulletin; 73, #9:1-13.
- World Health Organization, War Trauma Foundation and World Vision International (2013). Psychological first aid: Facilitator's manual for orienting field workers. WHO: Geneva