



A Project of  
WESTERN REGION HOMELAND  
SECURITY ADVISORY COUNCIL

# Psychological First Aid

## Training for Whole Community Disaster Resilience

**Tuesday Oct. 23: Free Workshop/Lunch in Lenox with...**

### Chris Farrand

**Director, Emergency Disaster Services  
The Salvation Army, Massachusetts**

Chris served as the Emotional and Spiritual Care Officer in Galveston, Texas after Hurricane Ike and in Haiti after the devastating earthquakes. Chris is the primary author of the *Psychological First Aid* training course for the National Disaster Training Program.



#### Psychological First Aid training:

Emotional and spiritual distress is not always as visible as a wound from a physical injury. However the fear, anxiety, anger, and loss from a disaster can greatly affect those impacted. First Aid techniques can be applied to stress reactions of the mind and heart as well as to physical injuries of the body.

- Observe–Approach–Stabilize–Interact–Support (O-A-S-I-S):  
A practical intervention model for disaster response
- Spiritual Care 101: Appropriate, and not appropriate, spiritual care guidelines
- Practicing the Ministry of Presence: Active Listening
- Caring for the Caregiver: Supporting Emergency Responders and Volunteers
- Comfort Food: Disaster Food Handling Safety

#### Speakers:

- **Chief Dan Clifford**, Lenox Fire Chief and Emergency Management Director
- **Major Tom Grady**, Berkshire County Sheriff's Office and Western Region Homeland Security Advisory Council Chair

**St. Ann Church Family Center**  
**134 Main Street, Lenox**

**Tuesday October 23 - 10AM to 3PM**  
**Doors open at 9:45 AM – Pre-Registration Required\***

**Places are limited** and will be reserved to provide broad participation by: congregations, faith-based and community organizations, local/state government, First Responders, EMDs and emergency response partners.

**\*RSVP by October 16: [Diane@BCBOHA.org](mailto:Diane@BCBOHA.org) or 413-441-9060**

