



Primeros Auxilios Psicológicos y resiliencia en tiempos de crisis (2ª ed)



Adquirir nociones básicas sobre cómo, dónde y cuándo aplicar los PAP.

28.Aug - 30.Aug 2023

Cod. P04-23

Mod.:
Streaming

Edition
2023

Activity type
Summer course

Date
28.Aug - 30.Aug 2023

Location
Online streaming (ZOOM)

Languages
Spanish

Academic Validity
30 hours

Organising Committee



Description

Psychological First Aid (PFA) is a set of techniques based on scientific evidence, aimed at strengthening the resilience of individuals, teams and communities. Its goals are to reduce symptoms of stress and contribute to a healthy recovery after a traumatic event, such as a natural disaster, a public health emergency, or even a personal crisis. The emotional impact of these types of situations is not always as visible as that of physical injuries, but it can be even more painful and disabling than physical injuries. Resilience, in turn, is the ability of individuals and communities to recover from a potentially traumatic situation by expanding resources for coping, generating learning that reinforces their own identity and their crisis response without the presence of sequelae or of chronification of symptoms. Both concepts are not new, but until now they have remained within the specific field of knowledge of psychology. However, the health, economic and social crisis associated with the Covid19 pandemic has placed the skills for emotional management and coping with complicated situations in the focus of many publications. On the one hand, this disclosure is helping a lot to raise awareness about the importance of good mental health, opening spaces for activities of self-knowledge and emotional care. But, on the other hand, not all the information that has been shared in recent times has enough precision and rigor to be really useful to people. This course is designed for people with a basic understanding of psychology, medicine, nursing, or public health. It aims to offer a broad, evidence-based view of how we can help ourselves, our loved ones, and the people we work with to better cope with any critical event that we face during our personal and professional lives.

The course offers a practical overview of what to do and not do in these types of situations and about the risk factors and protective factors involved in them. Finally, it also raises awareness about self-care activities, both those necessary on a personal level and those required in the professional field.

Objectives

Reconocer las características del impacto de los eventos críticos sobre las personas, las familias, los equipos y las comunidades.

Adquirir nociones básicas sobre cómo, dónde y cuándo aplicar los Primeros Auxilios Psicológicos.

Comprender la forma en que los Primeros Auxilios Psicológicos potencian la resiliencia de las posibles personas afectadas.

Incorporar las prácticas de auto-cuidado de las personas intervinientes como una parte esencial del afrontamiento de las crisis.

Organised by



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Program

28-08-2023

09:00 - 09:15	Registro
09:15 - 09:25	Presentation by the Director of the activity Alicia Alvarez UTCCB - Directora Asistencial y de Investigación
09:25 - 10:30	“¿Qué convierte una situación en evento crítico para las personas, las familias, los equipos y las comunidades?” Alicia Alvarez UTCCB - Directora Asistencial y de Investigación
10:30 - 11:30	“Afrontamiento funcional frente a patrones de respuesta disfuncionales ante los eventos críticos” Ingeborg Porcar Becker UTCCB - Directora Técnica
11:30 - 12:00	Break
12:00 - 13:00	“Objetivos y alcance de los Primeros Auxilios Psicológicos” Alicia Alvarez UTCCB - Directora Asistencial y de Investigación
13:00 - 13:45	“Condiciones de aplicación de los Primeros Auxilios Psicológicos” Ingeborg Porcar Becker UTCCB - Directora técnica
13:45 - 14:00	Synthesis

29-08-2023

09:15 - 09:45	Repaso de conceptos más importantes tratados el día anterior y resolución de dudas
09:45 - 10:45	“Factores protectores y de riesgo ante los eventos críticos” Ingeborg Porcar Becker UTCCB - Directora técnica
10:45 - 11:30	“La resiliencia - ¿qué es y de qué depende?” Ingeborg Porcar Becker UTCCB - Directora técnica
11:30 - 12:00	Break
12:00 - 13:00	“Factores potenciadores de la resiliencia individual y colectiva” Alicia Alvarez UTCCB - Directora Asistencial y de Investigación
13:00 - 13:45	“Los Primeros Auxilios Psicológicos como potenciadores de la resiliencia” Alicia Alvarez UTCCB - Directora Asistencial y de Investigación

13:45 - 14:00 Synthesis

30-08-2023

09:30 - 09:45 Repaso de conceptos más importantes tratados el día anterior y resolución de dudas

09:45 - 10:45 “El seguimiento preventivo como abordaje individual de las crisis”

Ingeborg Porcar Becker | UTCCB - Directora técnica

10:45 - 11:30 “El seguimiento preventivo como abordaje comunitario de las crisis”

Alicia Alvarez | UTCCB - Directora Asistencial y de Investigación

11:30 - 12:00 Break

12:00 - 13:45 Exposición de los mini retos elaborados durante el curso

13:45 - 14:00 Closing session

Alicia Alvarez | UTCCB - Directora Asistencial y de Investigación

Directed by



Alicia Alvarez

Unitat de Trauma, Crisis i Conflictes de Barcelona

PhD in clinical Psychology and a specialization on emergencies, catastrophes, and urgencies as well as in PTSD and trauma. She has 11 years of experience both on clinical practice and crisis response management. Currently she is the Care&Research director at the UTCCB from UAB and combines this position with her job as lecturer in different universities as Universitat de Barcelona, Universitat Politècnica de Barcelona, Universitat Oberta de Catalunya and the Harvard Medical School from Boston.

Teachers



Ingeborg Porcar Becker

UTCCB- Universidad Autónoma de Barcelona, Directora técnica

Psychologist (Ph.D), Accreditation in Clinical Psychology and Crisis Management, Associated Professor at UAB, Founder and Director of the UTCCB, a Trauma, Crisis and Conflict Center at the Faculty for Psychology at UAB.

Registration fees

LIVE ONLINE	UNTIL 31-05-2023	UNTIL 28-07-2023	UNTIL 28-08-2023
young fee	25,00 EUR	-	81,00 EUR
Official College of Psychologists of Gipuzkoa / Bizkaia / Alava	-	98,00 EUR	-
General	-	-	116,00 EUR
Reduced fee regular	-	-	98,00 EUR
Registration exemptions	-	-	81,00 EUR
Courses for everyone	-	-	98,00 EUR

Place

Online streaming (ZOOM)

Online streaming (ZOOM)