



# Reflection Guide

for Community  
Leaders  
administering  
Psychological  
First Aid



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# REFLECTION GUIDE

## for Community Leaders administering Psychological First Aid

### INTRODUCTION

This Reflection Guide has been specifically designed for Community Leaders to help members of their community to process trauma immediately following a disaster or emergency event. It is designed to help the user to leverage both their identity as a community leader, and their training in Psychological First Aid (PFA) in a way that allows them to help as many community members as possible, as effectively as possible.

The reflection prompts have been designed to bring community leaders into the headspace of perfectly balancing their identities as both a community leader and as a mental health first responder. In this way, they will be equipped to enhance the psychosocial support systems that already exist in their community (and that they may already provide as a community leader) with scientifically-proven methods that help people to process the initial traumas of a disaster event/emergency in a way that puts them on a trajectory of recovery.

This Reflection Guide is not intended to act as or replace training in Psychological First Aid. Rather, it should be used to supplement formal training in PFA. It has been particularly designed for community leaders who practice PFA in contexts where it is difficult for most people to speak about and/or access mental health treatment.

The goal of this guide is to help to integrate mental health and psychosocial support into any society, (no matter what their beliefs are about mental health) in a non-threatening yet effective way. This is achieved by helping you to balance being a mental health first responder with being a community leader. Ultimately, it will guide you to apply your formal training in PFA from the perspective of your unique identity as a community leader.

#### **How to use this Reflection Guide:**

It is recommended that you reflect on the questions in this guide both before and after each session in which you administer Psychological First Aid. You may choose to reflect on each question in your thoughts, or to journal your reflections directly in the guide. Take as much time as you need, in a space that is comfortable and allows for deep reflection. This reflection guide consists of:

- Five questions for you to reflect on **before** administering PFA to people
- Five questions for you to reflect on **after** administering PFA to people

**Let's begin by naming your community identity.** What title would you give to your function as a community leader? (e.g. a religious sister, teacher, councilor, etc.)

\_\_\_\_\_

**Write this 'identity' word in all of the places where you see a \_\_\_\_\_ throughout the guide**



## QUESTIONS TO PREPARE

Review your answers, especially those that point out the commonalities between your identity and values as a mental health first responder and as a \_\_\_\_\_, and allow them to guide you as you interact with survivors.



Why is being a mental health first responder important to me?

Where is there commonality between these two answers?

Why is being a \_\_\_\_\_ important to me?



Name 3 personal traits/motivations that make you trustworthy as a mental health first responder

- 1.
- 2.
- 3.

Where is there commonality between these two answers?

- 1.
- 2.
- 3.

Name 3 personal traits/motivations that make you trustworthy as a \_\_\_\_\_

## 5 QUESTIONS TO PREPARE (continued)

3

What does my training on PFA say about listening, and letting survivors guide the conversation by sharing their experience?

Where is there commonality between these two answers?

What do my values as a \_\_\_\_\_ say about respecting the dignity and autonomy of every person?

4

What does my training in PFA tell me about holding back my personal biases and projecting solutions on others?

Where is there commonality between these two answers?

What do my values as a \_\_\_\_\_ tell me about serving others, and the value of humility?

5

### **WW 'they' D? (i.e. What Would They Do?)**

Think of someone who you consider a role model as a \_\_\_\_\_.  
What would they do if they were performing PFA? Think of them, and try to model what their behavior would be.



## QUESTIONS TO REFLECT

Review your answers, especially those that point out the commonalities between your identity and values as a mental health first responder and as a \_\_\_\_\_.  
Allow them to guide your own self care, and enhance your duties both as a mental health first responder and as a \_\_\_\_\_.



How do I feel after my interactions with survivors? Name at least 5 emotions. Was my own dignity respected, by others and by myself?

- 1.
- 2.
- 3.
- 4.
- 5.



What do my values as a mental health first responder say about self-care?

Where is there commonality between these two answers?

What do my values as a \_\_\_\_\_ say about self-care?

## 5 QUESTIONS TO REFLECT (continued)

3

When did I act more like a mental health first responder in my interactions with survivors?

When did I feel that these two identities were in perfect balance?

When did I act more like a \_\_\_\_\_?

4

In what ways did I perform my role well as a mental health first responder?

Where is there commonality between these two answers?

In what ways did I perform my role well as a \_\_\_\_\_?

5

In what ways did I not perform my role well as a mental health first responder?

Where is there commonality between these two answers?

In what ways did I not perform my role well as a \_\_\_\_\_?

# HELPFUL RESOURCES FOR PSYCHOLOGICAL FIRST AID TRAINING

## **Coursera Course (Online)**

Professor George Everly, Jr, PhD

Accompanying Book:

Everly, George and Jeffrey M. Lating. 'The Johns Hopkins Guide to Psychological First Aid' (Second Edition). Johns Hopkins University Press, 2022.

## **Tembo Learning Portal (Online)**, Médecins Sans Frontières

Contact your **local Red Cross and/or Red Crescent Organization**, to inquire about their in-person or online trainings.

