

# PFA-Psychological First Aid

## COURSE OBJECTIVES

To equip trainees with the ability to identify individuals in need of Psychological First Aid, provide immediate emotional and practical support, understand the limitations of PFA, facilitate access to professional mental health support when required, and practice effective self-care.

## ABOUT THE COURSE

Psychological first aid is the ability to assist people with emotional distress. The goal of psychological first aid is to be supportive and assisting with stress-related reactions.

## PARTICIPANTS

This course is intended for all personnel involved or likely to be involved in Maritime on shore/offshore operations.

## DURATION

One day (six hours)

## KEY TOPICS

- To be able to know who needs Psychological first aid.
- Trainees will be provided with the knowledge necessary to provide effective psychological first aid to those in need, which includes staying calm, providing emotional and physical comforts, offering positive encouragement, and restoring a sense of safety.
- What Psychological first aid is NOT.
- Also, they will be able to recognize when to facilitate access to further mental health support.
- Practice self-care

## TRAINERS



### **Nikita Taneja**

Ms. Nikita, Superintendent (PACT), is a Counseling Psychologist with expertise in stress, trauma, grief, depression, anxiety, emotional management, and related areas. With 4 years of experience in psychological counseling, she brings valuable expertise to Charismight, supporting the organization's mission towards safe, healthy, and sustainable maritime solutions.



### **Vandana Ashat**

Ms. Vandana Ashat, Superintendent (PACT), is a Clinical Psychologist with expertise in mental health, inclusivity, sustainability, and psychological well-being. She holds an M.A. in Psychology, certifications in psychology, and a diploma in 12 psychotherapies. As the spouse of a Master Mariner, she possesses a deep understanding of the unique challenges faced within the maritime industry and brings valuable insight to Charismight's commitment towards safe and sustainable maritime solutions.



### **Deepshikha S Mehra**

Ms. Deepshikha S. Mehra, Superintendent (PACT), is a Behavioural Skills Trainer with expertise in workplace safety, communication, team well-being, and human behaviour. She holds a Postgraduate Diploma in Counselling (PGDIC) and specializes in applying human factors principles to support effective decision-making and enhance operational performance within maritime environments.