

## REFERENCES

Webinar Name: Providing Psychological First Aid for Children and Adolescents Exposed to Trauma  
 Presented by: Alexina Baldini (Psychologist), Enable Workplace Consulting  
 Participant Name:  
 Date: 18<sup>th</sup> February 2020

Brymer, M., Jacobs, A., Layne, C., Pynoos, R., Ruzek, J., Vernberg, E., & Watson, P. (2006) *Psychological First Aid (PFA): Field Operations Guide* 2<sup>nd</sup> Edition, National Child Traumatic Stress Network: National Center for PTSD [www.nctsn.org](http://www.nctsn.org) or [www.ncptsd.va.gov](http://www.ncptsd.va.gov)

[pages 141-142 are parent tips for helping school aged children after disasters; pages 143-144 are parent tips for helping adolescents after disasters; and p 147 is a quick tip sheet for relaxation for various age groups – these have been provided as resource material and will be referred to during the webinar. This manual is a valuable resource for different situations as well as different age groups, developed by trauma experts to assist those supporting children, adolescents and adults after crisis]

Ollgaard, R. (2017) *One day Psychological First Aid training manual*

[Based on Psychological First Aid Training Manual for Child Practitioners: Two-day programme by Pernille Terlonge [this is available online, as well as the slides from the training]

Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E. & Watson, P. (2010) *Skills for Psychological Recovery (SPR): Field Operations Guide* National Center for PTSD and National Child Traumatic Stress Network [www.ptsd.va.gov/professional](http://www.ptsd.va.gov/professional)

[This manual has many useful resources and handouts, and has been designed to follow up Psychological First Aid. It was piloted several years ago after floods in the Lockyer Valley in Queensland Australia, with all General Practitioners trained in SPR to support their communities]

For example - *Introducing Breathing Skill to Children:*

[Imagine a puppy running like crazy all over the yard. How is that puppy panting? That's right, they pant in really quick, shallow breaths. That's the way we breathe when we get upset about something. When we pant like a puppy, the panting makes our bodies feel all jittery, and we can't calm down. Now, I want you to imagine a big dog lying out in the sun, resting. How is that big dog breathing? Right! He's taking nice slow breaths. When we take slow breaths like a big dog, it helps our bodies calm down. We're going to learn how to take those nice, slow big dog breaths so that you can help your body calm down whenever you start to feel upset]

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Survive and Thrive, a bushfire message from Strathewen Primary School – CFA :

<https://www.youtube.com/watch?v=NC9ELky49gE>

[this video approaches the concept of evacuating on code red days following the school being affected by the 2009 fires – demonstrating matter-of-fact approach and importance of preparation and normalizing]

Coping Tools for the Classroom Guide – Wholehearted School Counselling

[this simple one page demonstration of simple techniques to assist children after trauma is recommended and you are encouraged to collate ones you have found useful in your school or with your students into a similar format]