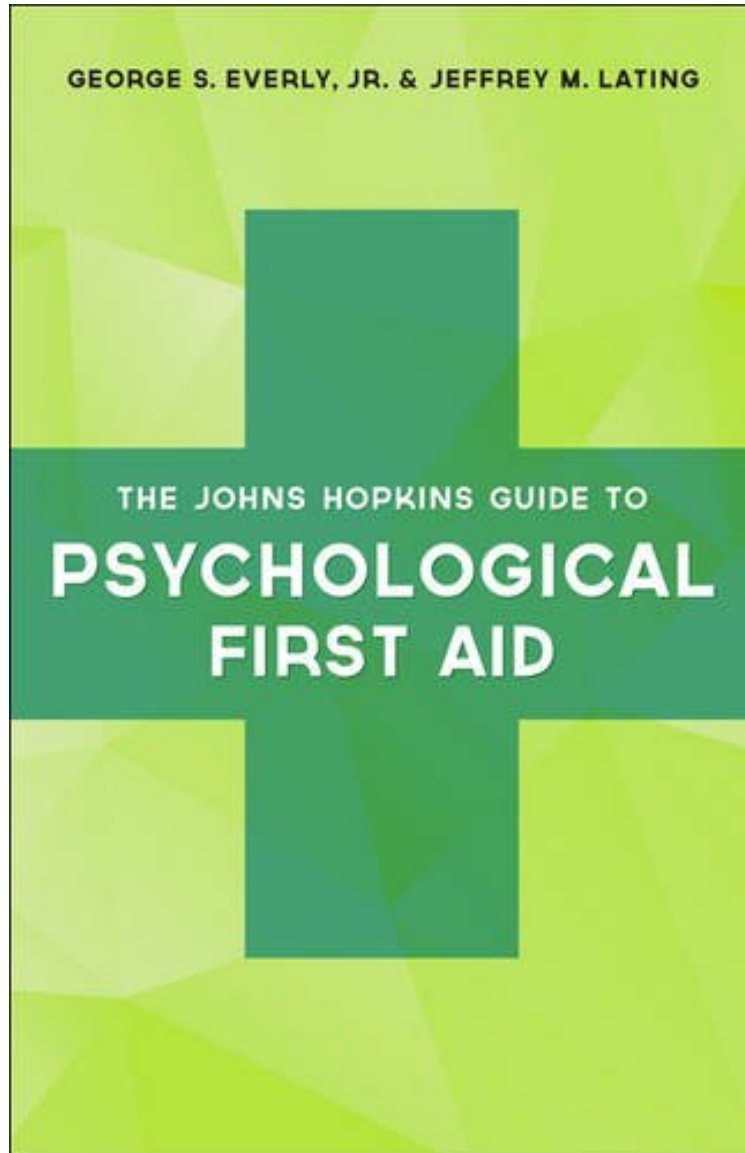


[Free pdf] The Johns Hopkins Guide to Psychological First Aid

The Johns Hopkins Guide to Psychological First Aid

George S. Everly Jr., Jeffrey M. Lating

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George S. Everly Jr., Jeffrey M. Lating : The Johns Hopkins Guide to Psychological First Aid before purchasing it in order to gage whether or not it would be worth my time, and all praised The Johns Hopkins Guide to Psychological First Aid:

0 of 0 people found the following review helpful. Useful Overview of PFABy musicallaThis book is a well-written and clear guide to the concept of psychological first aid, as well as reviewing the RAPID PFA framework. While I'm not sure you could go out and practice PFA simply based on reading this book, it gives you a good foundation on

which to base that practice with more experience and guidance. 0 of 0 people found the following review helpful. Five Stars By Michael Tachet Great info for chaplains. -0 of 0 people found the following review helpful. Four Stars By Aleenmadrid really enjoying the book

Psychological first aid, or PFA, is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity. PFA is designed to be applied in emergencies, including disasters and terrorist attacks. In this essential guide, George S. Everly, Jr., developer of the Johns Hopkins RAPID PFA method, and Jeffrey M. Lating, his collaborator in its implementation, describe the principles and practices underpinning this psychological model in an easy-to-follow, prescriptive, and practical manner. They explain the history of PFA and persuasively demonstrate its powerful versatility. Mental health practitioners can apply PFA in all settings. It can also be used as a public-health tool to address mental health needs following critical incidents and as a means for building community resilience. Aimed at mental health practitioners, all first responders, and global health disaster teams such as Médecins Sans Frontières and the World Health Organization, *The Johns Hopkins Guide to Psychological First Aid* is the first book to thoroughly explain RAPID PFA. RAPID, a unique theoretically grounded and evidence-based PFA method, follows a set of easily understood principles. In each chapter, Everly and Lating provide a step-by-step approach and include a key point summary to emphasize essential elements. A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses, examples of common mistakes, and various outcomes. In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks, the authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health, fire, police, military, and faith-based settings. Beneficial to those with little or no previous mental health training, this book is an essential tool for people who want to learn, to practice, or to retain their ability to use psychological first aid effectively.

"There is nothing else in the crisis intervention/psychological first aid field that offers such content. Well written and easy to understand, this important, unique, and innovative book will be a huge contribution to the discipline." (Jeffrey T. Mitchell, PhD, CTS, CCISM, Emergency Health Services, University of Maryland Baltimore County, coauthor of *Emergency Response to Crisis*) "The techniques taught in this book belong in disaster preparedness kits alongside water, food, batteries, and a flashlight. Using this guide, citizens can become crisis interventionists, fostering individual resilience during disasters when professional help can be hours or days away." (Allison Romano, MPH, Ebola and Zika Project Manager, Public Health Emergency Preparedness and Response Section, Texas Department of State Health Services) About the Author George S. Everly, Jr., is an associate professor of psychiatry and behavioral sciences at the Johns Hopkins School of Medicine, an adjunct professor of international health at the Johns Hopkins Bloomberg School of Public Health, and a professor of psychology at Loyola University Maryland. He is a former member of the Johns Hopkins Center for Public Health Preparedness. Jeffrey M. Lating is a professor of psychology at Loyola University Maryland. Everly and Lating are the coauthors of *A Clinical Guide to the Treatment of the Human Stress Response and Personality-Guided Therapy for Posttraumatic Stress Disorder*.