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Nota di contenuto	Annex 5 - Communication exercise instructionsAnnex 6 - Handout on good communication; Annex 7 - Handout on things caregivers can do to help children; Annex 8 - Vulnerable people exercise instructions; Annex 9 - Evaluation form; Annex 10 - Brief relaxation exercise for helper self-care (For full day orientations); Annex 11 - Full orientation day agenda
Sommario/riassunto	This manual is designed to orient helpers to offer psychological first aid (PFA) to people following a serious crisis event. PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities. The instructions and materials in this manual are for a half-day orientation (4 hours excluding breaks) to prepare helpers to support people recently affected by very stressful events. If you have more time available for the orientation extra activities and slides are included in text boxes to deliver a full day orientation (five