

## PARTICIPANT DETAILS

(Please write clearly and legibly in BLOCK LETTERS)

First name: \_\_\_\_\_

Family/surname: \_\_\_\_\_

Position/job role: \_\_\_\_\_

\_\_\_\_\_

Organisation: \_\_\_\_\_

\_\_\_\_\_

Email Add: \_\_\_\_\_

Mobile No: \_\_\_\_\_

Office No: \_\_\_\_\_

Sex:  Female  Male

Please provide a brief statement on your experiences related to mental health in disaster settings:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

## APPLICATION

To apply, please submit your details in the form attached, to [iigh-training@unu.edu](mailto:iigh-training@unu.edu). Remember to write "ToT Workshop on PFA" and your surname in the email subject. The closing date for applications is **11 August, 2017**.

We will follow up with payment instructions upon receipt of your application

## ABOUT UNITED NATIONS UNIVERSITY, INTERNATIONAL INSTITUTE FOR GLOBAL HEALTH (UNU-IIGH)

UNU-IIGH was established in 2007 on the basis of an agreement between United Nations University and the Government of Malaysia. The mission of UNU-IIGH is to undertake research, capacity development and dissemination of knowledge related to key issues of human health. UNU-IIGH programmes focus broadly on:

- Planetary Change and Health
- Governance for Global Health

More information about UNU-IIGH is available from <http://iigh.unu.edu/>

## CONTACT DETAILS

For further enquiries, please contact:

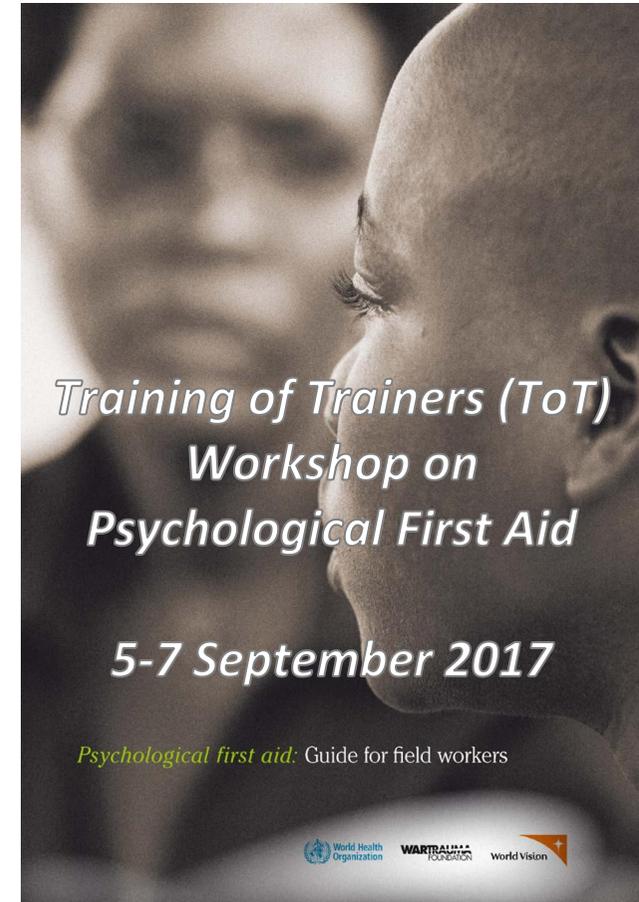
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## WHY ToT ON PSYCHOLOGICAL FIRST AID (PFA)

PFA was developed by the World Health Organization (WHO) and other international agencies. PFA involves humane, supportive and practical help to fellow human beings suffering from serious crises events. Anyone may at some time be in a position to help others who have experienced an extremely distressing event. PFA is a method to support people in ways that respect their dignity, culture and abilities. PFA has been widely implemented during the East Japan Earthquake, Haiti, Africa, among others.

This workshop aims to develop a network of highly trained and confident trainers who are equipped to collaborate extensively; fully able to establish and deliver further training on PFA to the wider local community.

## WORKSHOP GOALS AND DRAFT PROGRAMME

The goals of the workshop are to:

- Provide comprehensive knowledge and principals on PFA
- Learn how to facilitate the training on PFA
- Enhance the capacity as a trainer on PFA

Draft workshop programme:

- |       |   |
|-------|---|
| Day 1 | Understanding PFA<br>How to help responsibly  |
| Day 2 | Providing PFA<br>Caring for yourself and your colleagues, practice what you have learned. |
| Day 3 | Preparation for group demonstration<br>Group demonstration as trainers                    |

## WHO SHOULD ATTEND?

This invitation is open to anyone who may be involved in humanitarian work or relevant field, with role as trainers or health personnel; with some previous experience in (mental) health in disaster (emergency) situation. They have interest in capacity building and will one day carry out training in their respective institutions and/or to colleagues.

Participants should be fluent in English and have an interest in promoting resilience of persons in difficult situations.

## WORKSHOP SCHEDULE

This workshop will take place over three full days from 5-7 September, 2017.

## WORKSHOP FEES

The fee is **MYR500/person** (maximum 25 participants) which include 6 teas and 3 lunches over 3 days, reading materials and a certificate. This cost is partially subsidized by UNU-IIGH.

Participants are expected to attend the full workshop (3 days) and to engage in collaborative activities. Background pre-reading material will be provided in advance.

## VENUE

The workshop will be held at the UNU-IIGH Building, UKM Medical Centre, Jalan Yaacob Latiff, Bandar Tun Razak, Cheras, 56000 Kuala Lumpur, Malaysia.

## WORKSHOP FACILITATOR BIO

**Professor Atsuro Tsutsumi** works for Kanazawa University in Japan. He was a previous Research Fellow of UNU-IIGH after working for WHO and JICA.



He is a well-known expert on disaster mental health and a core member of developing Psychological First Aid (PFA) and its subsequent training modules. He played a key role in the push for the inclusion of mental health and well-being in the SDGs and Sendai Framework for Disaster Risk Reduction.

He has published a number of papers on disaster mental health in Lancet, Social Science & Medicine, among others.

**Dr Eizaburo Tanaka** is a psychiatrist as well as a researcher in disaster mental health at Hyogo Institute for Traumatic Stress. He engaged in mental health and psychosocial support activities for affected people by the 2008 Sichuan earthquake in China, the 2011 Great east Japan earthquake, and the 2016 Kumamoto earthquake in Japan. His research interest includes child & adolescent survivors' mental health.

