



10 P's of Spiritual & Psychological First Aid

There are 10 P's we discuss in the Spiritual and Psychological First Aid course. This class is an approved course within the Critical Incident Stress Management Curriculum (CISM)

Presence: *A ministry of presence*

Protection: *Protecting from harm*

Practical Assistance: *Provision of identified needs*

Perception: *Perception of survivor*

Problem: *What matters most?*

Psychological Resiliency & Post-traumatic Growth:

Bouncing back and growing after adversity

Processing: *Processing head and heart dimensions*

Purpose: *Finding purpose & hope in crisis*

Preparing: *Preparing for the future*

Passing off: *Community of care*