

# Psychological First Aid Instructor



Psychological First Aid Instructors support the delivery of our Psychological First Aid and Self-Care & Wellness courses. Candidates will develop competencies in facilitating case-based learning, and how to support learners in understanding a resiliency-building approach to emotional, psychological, and social wellbeing.

## PSYCHOLOGICAL INSTRUCTOR DEVELOPMENT PATHWAY

Below is the pathway to become a certified Psychological First Aid Instructor. You must successfully complete each step before advancing to the next step. Certification is valid for three years.

### 1 CHECK PREREQUISITES



Confirm prerequisites are met: you must be 18 years or older, have a valid participant certificate for the program you wish to teach.

### 2 FUNDAMENTALS OF INSTRUCTION



Complete the Fundamentals of Instruction online component (8 hrs\*), and a classroom component (14 hrs 30 min) focused on the application of fundamentals.

### 3 DISCIPLINE-SPECIFIC CLASSROOM COMPONENT



Attend the discipline-specific classroom components (14 hrs 30 min), which focuses on the specific skills of that program.

### 4 TEACHING EXPERIENCE



Complete the Teaching Experience online module (30-45 min\*) and a classroom component with the support of a Teaching Experience Supervisor.

### 5 CERTIFICATION



The final step is the certification. Congratulations! You are now officially a certified Instructor.

\* Online learning time will vary depending on the learner.