

# TREATMENT PRINCIPLES FOR PSYCHOLOGICAL FIRST AID

## Create a sense of safety by

- + Mitigating the scene by reducing chaos and removing patients from perceived threats.
- + Reflecting evidence of safety.

## Create calm by

- + Calming yourself first.
- + Emphasizing the present, the practical, and the possible.

## Create self and collective efficacy by

- + Involving the person in problem-solving, self-care, and rescue.
- + Recognizing and reminding people of existing strengths.

## Create connection by

- + Building an on-scene relationship.
- + Helping people connect with friends, family, and loved ones (including pets).

## Create hope by

- + Reflecting specific, accurate, positive facts and predictable, realistic steps.
- + Personally maintaining and communicating hope.



*Adapted from: NOLS Wilderness Medicine 6th ed. 2017. Tod Schimelpfenig. Stackpole Books, Lanham Maryland. (See Ch. 28, "Stress and the Rescuer" for more.)*