



Disaster, PTSD, and Psychological First Aid

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Insights on Psychological First Aid

Psychological first aid includes strategies designed to help and support children, adolescents, and parents exposed to disasters and terrorism. The approach recognizes children and adolescents as more vulnerable to trauma and related stress due to their resilience weakness (Friedman, 2015). Psychological first aid is designed to help patients recover from initial traumatic distress and assure the patients short-term, midterm, and long-term coping with the traumatic events. Psychological first aid should be consistent and evidence-based, practically applicable in the field, appropriate, and culturally flexible.

In executing psychological first aid, individual responders must make a keen observation before asking the affected children about the kind of help. Moreover, they should be careful prior to giving practical assistance such as food, clothing, shelter, and water (Fowler, 2015). After disasters, some affected people may require more help than others, and thus the aid should target the right individuals. Survivors should be spoken in a polite, sensitive, and patient way. While some needy remainders may avoid assistance, others who are undeserving will want to gain from the service (Fowler, 2015). Clear and interpersonal communication with these individuals will help to determine the exact problem they face.

Description of a Natural Disaster I followed on the Media

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