Psychosocial Support in Emergencies Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Emergencies and disasters create immense psychological and social challenges for affected populations, often leading to trauma, anxiety, and long-term mental health consequences. Psychosocial Support in Emergencies Training Course equips participants with essential skills to deliver effective psychosocial care, addressing the immediate and long-term needs of communities. Through practical strategies, evidence-based interventions, and culturally sensitive approaches, this course strengthens the capacity of humanitarian workers, healthcare professionals, and emergency responders to support vulnerable populations during crises. Participants will explore techniques to assess psychosocial needs, implement interventions, and promote resilience, ensuring holistic care in high-pressure environments.

This course emphasizes the integration of psychosocial support into emergency response frameworks, highlighting ethical considerations, community engagement, and mental health promotion. Participants will gain a deep understanding of trauma-informed care, crisis intervention, and psychosocial support models applicable in diverse emergency settings. By combining theoretical knowledge with practical exercises, case studies, and collaborative learning, the training prepares participants to respond effectively to complex emergencies. This comprehensive approach enhances organizational readiness, improves response outcomes, and promotes sustainable psychosocial well-being for affected communities.

Programme Curriculum

Psychosocial Support in Emergencies Training Course

Introduction

Emergencies and disasters create immense psychological and social challenges for affected populations, often leading to trauma, anxiety, and long-term mental health consequences. Psychosocial Support in Emergencies

Training Course equips participants with essential skills to deliver effective psychosocial care, addressing the immediate and long-term needs of communities. Through practical strategies, evidence-based interventions, and culturally sensitive approaches, this course strengthens the capacity of humanitarian workers, healthcare professionals, and emergency responders to support vulnerable populations during crises. Participants will explore techniques to assess psychosocial needs, implement interventions, and promote resilience, ensuring holistic care in high-pressure environments.

This course emphasizes the integration of psychosocial support into emergency response frameworks, highlighting ethical considerations, community engagement, and mental health promotion. Participants will gain a deep understanding of trauma-informed care, crisis intervention, and psychosocial support models applicable in diverse emergency settings. By combining theoretical knowledge with practical exercises, case studies, and collaborative learning, the training prepares participants to respond effectively to complex emergencies. This comprehensive approach enhances organizational readiness, improves response outcomes, and promotes sustainable psychosocial well-being for affected communities.

Course Objectives

1. Understand the principles and importance of psychosocial support in emergencies.
2. Identify key psychosocial needs and vulnerabilities in crisis-affected populations.
3. Develop skills in psychological first aid and trauma-informed care.
4. Apply community-based approaches to psychosocial support.
5. Assess and monitor mental health outcomes during emergencies.
6. Implement culturally sensitive and context-appropriate interventions.
7. Enhance communication and counseling skills for crisis situations.
8. Integrate psychosocial support into multi-sectoral emergency response.
9. Strengthen resilience and coping mechanisms in individuals and communities.
10. Understand ethical considerations in psychosocial support delivery.
11. Utilize evidence-based tools and techniques for psychosocial assessment.
12. Manage stress and self-care for responders in emergency settings.
13. Evaluate and improve organizational psychosocial support strategies.

Organizational Benefits

- Improved staff preparedness for emergency response.
- Enhanced organizational resilience and crisis readiness.
- Increased efficiency in psychosocial support delivery.
- Strengthened community engagement and trust.
- Reduced long-term mental health impacts on affected populations.
- Improved inter-agency coordination during emergencies.
- Enhanced decision-making with evidence-based psychosocial interventions.
- Reduced burnout among frontline responders.
- Better resource allocation for psychosocial programs.
- Improved overall humanitarian response outcomes.

Target Audiences

1. Humanitarian aid workers
2. Healthcare professionals
3. Mental health counselors
4. Emergency responders and first aid teams

5. Social workers
6. Government disaster management personnel
7. Community leaders and volunteers
8. NGO and INGO program staff

Course Duration: 5 days

Course Modules

Module 1: Introduction to Psychosocial Support in Emergencies

- Overview of psychosocial support principles
- Understanding trauma and crisis impact
- Key psychosocial needs in emergencies
- Role of humanitarian and community actors
- Case Study: Post-disaster psychosocial assessment
- Practical exercises on needs mapping

Module 2: Psychological First Aid and Crisis Intervention

- Basics of psychological first aid
- Immediate response strategies for trauma
- Communication techniques during crises
- Identifying vulnerable populations
- Case Study: Emergency shelter intervention
- Role-play exercises in crisis scenarios

Module 3: Community-Based Approaches

- Engaging communities in psychosocial support
- Strengthening social networks and coping strategies
- Participatory assessment techniques
- Cultural sensitivity in emergency interventions
- Case Study: Community-led disaster response
- Group discussion and planning exercises

Module 4: Mental Health Assessment and Monitoring

- Tools for mental health screening
- Indicators of psychosocial distress
- Monitoring and evaluation strategies
- Reporting mechanisms for psychosocial outcomes
- Case Study: Monitoring refugee camp mental health
- Interactive assessment exercises

Module 5: Culturally Sensitive Interventions

- Understanding cultural contexts in emergencies
- Designing culturally appropriate support programs
- Adapting interventions to diverse populations
- Addressing stigma and social barriers
- Case Study: Multi-ethnic disaster response

- Workshop on cultural adaptation

Module 6: Stress Management and Self-Care for Responders

- Recognizing stress and burnout in emergency workers
- Techniques for personal resilience and coping
- Peer support and supervision mechanisms
- Organizational strategies for staff well-being
- Case Study: Staff support during prolonged crises
- Guided relaxation and mindfulness exercises

Module 7: Ethical and Legal Considerations

- Ethical principles in psychosocial support
- Confidentiality and informed consent
- Human rights frameworks in emergencies
- Balancing organizational mandates and individual needs
- Case Study: Ethical dilemmas in emergency mental health care
- Group debate and reflection exercises

Module 8: Integrating Psychosocial Support into Emergency Response

- Multi-sectoral coordination strategies
- Developing operational plans for psychosocial interventions
- Resource mobilization and management
- Collaboration with government and NGOs
- Case Study: Coordinated emergency response plan
- Simulation exercise on integrated response

Training Methodology

- Interactive lectures and presentations
- Group discussions and brainstorming sessions
- Case studies analysis and group problem-solving
- Role-playing and scenario-based exercises
- Hands-on practical sessions
- Reflection and feedback sessions

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com