



## Psychological First Aid

By Eva Roman

Management Books 2000 Ltd, 2000. Paperback. Book Condition: new. BRAND NEW, Psychological First Aid, Eva Roman, This book is a useful and very instructive follow-up to Dr Roman's successful book on trauma and how to deal with it. Here she extends that knowledge to inform and instruct anyone involved in dealing with traumatic incidents in the correct way to approach and care for victims of such events. This is not a book on patching up cuts or dealing with fractures, but on caring for victims who are traumatised, severely stressed or otherwise psychologically affected as a result of their being involved in major incidents, such as can occur in workplaces, public or private locations. The book looks in detail at the essential qualities of such carers - whether they be specially appointed employees or volunteers keen to assist in such circumstances. It also examines the necessary skills such as befriending, listening, communication and other practical skills, and considers what are the carer's own needs in dealing with psychologically damaged victims. An essential book for people who work with victims of incidents.



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