WHY PFA?

by:
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Filipinos have gone through countless adversities in life. Some lost their loved ones while some lost their most valuable possessions in life. Hence, it is inevitable that not everyone can easily cope and overcome the trauma brought by different traumatic incidents. Because of this, PFA or Psychological First Aid was introduced.

What is PFA? It is an evidence-informed modular approach that helps people of all ages in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, may struggle in coping following the traumatic incident. Because of this, it important to support them by identifying their immediate needs. And this is the main objective of administering PFA.

Since DRRM centers are established in every schools, the Department of Education sees the need to train teachers in administering PFA. It is believed that teachers are some of those people who can effectively administer this approach since schools are frequently used as evacuation centers. As a member of the community, we must extend our hands to those who are in need.

References: