

## Call for Applications: Training Workshop - Psychological First Aid Learning & Support Program

### **Key Information**

<b>Opportunity</b>	Training on how to respond in situations where people you work with are dealing with the impact of emotionally challenging events
<b>Designed for</b>	Art and cultural practitioners who are facilitators or organizers of art and cultural events/projects
<b>From</b>	Asia (at least 6 of the places will awarded to people from Cambodia, Laos, Myanmar, Taiwan, Thailand, and Vietnam)
<b>Total participants</b>	15 participants
<b>Structure &amp; timeline</b>	* Online workshop during Sep 26-28, 2023 * Opportunity for one-to-one consultation during Oct 2023
<b>Important dates</b>	Online workshop sessions during afternoons of Sep 26, 27 and 28, 2023
<b>Working language:</b>	English
<b>Deadline to apply:</b>	<b>September 17th 2023</b>

### **Program outline:**

This training will help practitioners, who are facilitators or organizers of art and cultural events/projects, to learn skills that they can use to help the people they work with to: stabilise, ground and get support when they are dealing with the impact of emotionally challenging events. It will also support participants to develop a life-skill in psychological first aid, which you can apply to supporting friends and family as well as those you work with. It will also support participants to know themselves more and be better equipped to support their own emotional wellbeing.

A total of 15 people will be selected to participate in the training workshop delivered by Carolina Herbert, an Integrative Arts Psychotherapist, qualified trainer, supervisor and consultant.

The training will include 3 online sessions in the afternoon over 3 consecutive days. Carolina will share principles and skills of psychological first aid, and also lead the participants to learn from each other's own experiences. The learning process will be experiential and use reflective and creative methodologies. We will create a community of learning together. The participants will be enabled to discover their own inner wisdom and knowledge that will help them to be more equipped to use these skills in their work and lives.

Participants who have fully participated in the workshop will have the opportunity to register for a one-to-one follow-up consultation with Carolina if they would like to gain some support and advice from her with issues or questions related to the topic.

More details on

- How the training workshop works
- The goals of the program
- Target participants of the program
- Selection criteria and how to apply
- The trainer's bio
- Recap of key dates

Can be found in the [Program Overview document](#).

### Eligibility Criteria

To be eligible for the program applicants must:

- A citizen of an Asian country
- Be available for all program dates
- Be able to demonstrate commitment to art and social action

\* Please see the [Program Overview document](#) for more details.

### How to apply

Please answer the questions in the application form, which can be found [here](#). Applications should be submitted to [jennifer@mekongculturalhub.org](mailto:jennifer@mekongculturalhub.org) by **September 17th 2023**.

### Q&A Session

We will host a virtual Q&A session, where you can meet with the team to discuss the program and the application process.

**Date:** Tuesday 31st August 2023

**Time:** 5pm ICT (ICT time / UTC+7)

**Link:** <https://us02web.zoom.us/meeting/register/tZUtcumorjstvGtDBxQ6CDy-hl9pD0yrEK6SZ>

If you have any questions about the program or the application, you can contact us at [jennifer@mekongculturalhub.org](mailto:jennifer@mekongculturalhub.org)