

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

Key Information

Opportunity	Develop skills on how to respond in situations where people you work with are dealing with the impact of emotionally challenging events
Designed for	Art and cultural practitioners whose work is at the intersection of art and society and they are facilitators or organizers of art and cultural events/projects
From	Asia (at least 4 of the places will awarded to people from Cambodia, Laos, Myanmar, Taiwan, Thailand, and Vietnam)
Total participants	8 participants
Structure & timeline	<ul style="list-style-type: none"> * 1 x 30-minute one-to-one session with the trainer before the group workshops start * 4 x 3-hour group workshops * 1 x 30-minute individual check in with the trainer between workshops 2 and 4 * Regularly do creative journaling to process and reflect the learnings, with support from the trainer, which starts from workshop 1 and each participant will presenting their learnings during a group reflection at workshop 4
Benefits	Certificate of Psychological First Aid Training Program co-issued by MCH and ALKIMIA
Important dates	<ul style="list-style-type: none"> * First one-to-one session will be 30 mins during Sep 18~19 * Online group workshop sessions during afternoons of Sep 25, Oct 2, Oct 9 and Oct 16, 2024
Working language:	English
Deadline to apply:	August 21st 2024

Program outline:

This training is designed for art and cultural practitioners (including artists) from Asia, whose work is at the intersection of art and society. The program will help the 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 stabilize, 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 they can apply to supporting people they work with and

their friends or family. It will also support participants to know themselves more and be better equipped to support their own emotional wellbeing.

A total of 8 people will be selected to participate in the program. The training will take place online, and is delivered by Carolina Herbert, an Integrative Arts Psychotherapist, qualified trainer, supervisor and consultant.

Carolina will share principles and skills of psychological first aid, and also lead the participants to learn from each other's own experiences through creative exercises and group discussions. The learning process will be experiential and use reflective and creative tools, including 'creative journaling' which is a powerful reflective practice tool to expand personal and professional development. The participants will do a presentation of their learnings in the last workshop session. Carolina will give detailed guidance and support to all participants throughout the course.

More details on the program, the trainer and the application process 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 time and dates and commit to full participation
- 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 by **August 21st 2024** (before 23.50pm ICT time).

Q&A Session

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

Date: Tuesday July 16th 2024

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

Link to register and get Zoom link:

<https://us02web.zoom.us/join/joinmeeting/register/tZ0qdOyhqD4uGtDV86t8aasYlyJXL4QK5Y6y>

If you have any questions about the program or the application, you can contact us at jennifer@mekongculturalhub.org