

PSYCHOLOGICAL FIRST AID IN HIGHER EDUCATION (SAFER-R MODEL) Dr. Monica Neel

Date: Friday, September 20, 2024

Time: 9:00 AM – 12:00 PM (PST)

Location: Virtual training by Zoom

Registration Deadline: Wednesday, September 18, 2024

Fee: Free for UCI Counseling Staff

CE Credits: 3 hours (will only be granted to those who attend the entire program and complete an evaluation).

Zoom link: To be provided
after registration!

Program Description: Colleges and universities are prioritizing trauma-informed policies and practices with a goal of supporting student resiliency in the face of traumatic stressors. This training is designed to provide an overview of one model of psychological first aid, the SAFER-Revised model, a specific protocol for individual crisis intervention that offers a step-by-step framework to effectively reduce initial distress and foster immediate adaptive coping and/or triage individuals to a higher level of care. Attendees will obtain a rationale for application of psychological first aid in colleges and universities, particularly as it relates to the integration of a trauma-informed approach with emphasis on cultural, historical, and gender issues. Attendees will obtain an overview of and opportunity to apply the SAFER-Revised model with specific scenarios and role plays anchored in the higher education landscape.

Learning Objectives:

1. Conceptualize psychological first aid scenarios through a trauma-informed lens as experienced in a higher education landscape;
2. Summarize the goals, core components, and application of the SAFER-R model;
3. Demonstrate the ability to apply the SAFER-R model to scenarios via role play.

Agenda:

- 10min Introduction to psychological first aid in higher education – rationale and considerations
- 15min Integration of trauma-informed approach and SAFER-R intervention with emphasis on influence of cultural, historical, and gender issues
- 45min Overview of SAFER-R Model of psychological first aid
- 45min Observational learning of SAFER-R Model – video review and critique
- 45min Experiential learning of SAFER-R Model via role play in dyads
- 20min Integration of concepts and experience via discussion, Q/A.

Click on the following link to register:

[**PFA in HIGER EDUCATION
\(SAFER-R MODEL\)**](#)

About the Presenter:

Dr. Monica Neel is a licensed psychologist with over 20 years of experience specializing in trauma, stress-related disorders, and behavioral medicine. She earned her master's and doctoral degrees in Clinical Psychology from Loyola University Maryland and completed a post-doctoral fellowship at Johns Hopkins University School of Medicine. Dr. Neel provides psychotherapy for clients facing medical illness, grief, trauma, anxiety, depression, and major life transitions, emphasizing alignment with personal values. She has extensive experience in college mental health, including six years as Director of Student Counseling, and expertise in trauma, eating disorders, adult ADHD, autism spectrum disorders, and crisis intervention. As an adjunct faculty member and clinical supervisor, she is committed to training future psychologists. A first-generation Greek-American and 10-year breast cancer survivor, Dr. Neel integrates her passion for holistic wellness into her practice and Continuing Education presentations.



The UCI Counseling Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCI Counseling Center maintains responsibility for this program and its content.