

Harvey Healing Day Training for Facilitators:

Introduce ARC member who will be onsite and providing aid/ support

Play Barb's Recording of this:

Core Principles of psychological 1st aid:

1. Safety- create an environment that is safe. Set up your room and space to make sure it is safe. Know where the exits are, know if they are going to set off fire alarms. Let people know! What they do say, draw is for them and it is safe
2. Calm- Provide a sense of calm in your tone of voice/ presence/ and energy. Make sure you are centered before beginning this Interventions need to be over-achingly calm. You can have movement, dancing etc. but make sure they come back to calm
3. Connectedness- 1:1, facility, Therapy team, organizations in the community, etc. Everyone contributes and provides something. Writing songs, hope tree, etc.
4. Efficacy- A sense of self purpose or community purpose. Disaster = disruption work flow, traffic, schools, need a routine. Give people a sense of purpose and belonging.
5. Hope- rebuilding and the future. Select appropriate songs music. Art making materials, mediums. Work as a team. Hope Day, Connect day

Give yourself permission to put down your medium. Be ready to just be present, and listen. Don't feel you need to translate everything into an intervention.

Remind people about Neurologic effects. Amygdalin response. Mini-dissociative moments. Make sure you choose interventions to keep them in the present. The Here and Now. Tools to help them stay in the here and now.

Red Zone- Immediate Houston Area (FREEZE unable to fight or fly, these people were taken away on boats and sent to shelters)

Orange Zone- Suburbs people with damage (FIGHT prepare)

Green Zone- Surrounding region FLIGHT (they evacuated here, Austin, San Antonio)

NEED TO MOVE. Keep people moving. Practice within your comfort zone.

Go over handouts from:

Disaster Response for Music Therapists E:course

Art Became the Oxygen Disaster Response from ATAA