

Multidirectional Emotional First Aid

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As access to care is often times limited for our communities' most disenfranchised individuals who frequently struggle with myriad health related and accompanying psychosocial needs, practitioners are finding difficulty in addressing the multifaceted health maintenance of these increasingly vulnerable populations. For many emotional wounds, research has demonstrated that providing immediate care has longstanding impact on the prevention of future manifestation. Driven by a need for personal wellness and in the moment support for the difficulty of contemporary stressors, Multidirectional Emotional First Aid (MEFA) is a framework for non-experts to provide assistance for him/herself and others that not only teaches skill but enables individuals to understand that s/he has the capacity to aid after an emotional injury. In this presentation, I will demonstrate that MEFA seeks to promote the understanding that this concept is as applicable for the internal care for ourselves as it is for the external support of others in both horizontal and vertical relationships. Additionally, MEFA's application also serves to provide immediate relief from emotional injuries while mitigating psychological exacerbation and manifestation into severe, psychological distress and/or diagnoses.

Objectives:

- Attendees will be able to identify when they themselves or other individuals are in the midst of crisis or the manifestation of emotional injury
- Attendees will feel empowered to provide, in the moment, emotional supports to themselves or others, when necessary
- Attendees will understand the difference between their own ability to provide immediate, layman's emotional care and when to call a crisis, emergency hotline

Format:

- Program delivery will be highly interactive despite being structured as a didactic, face to face lectures.
- The presentations will be administered via three scheduled workshops and a minimum of two follow up sessions to provide attendees with feedback and competency-based support after having applied the aforementioned tenets either internally or externally.
- Sessions begin with a self-introduction, discussion of my education, clinical training/certifications, professional experience, and personal connection to the topic.
- The presentations will provide an explanation of Multidirectional First Aid, its potential impact on recipients, and its capacity to assuage the effects of emotional injuries on the lived experiences of vulnerable communities.
- Discussions will ensure regarding internal and external logistical considerations for implementation
- Question/Answer period
- Attendees' attainment of course learning objectives will be assessed via a post-test.
- Encouragement to remain connected with the audience will conclude the presentations.
- Contact information for attendees will be collected for the provision of Certificates of Completion.

Anticipated Internal MEFA Outcomes:

- Emotional hygiene practices become a normalized part of participant's life
- Participants will feel more empowered and better equipped to cope with life's challenges
- Participants will realize their mental and physical health are equally important
- Participants will learn to work towards mastery in self-soothing
- Participants will be better equipped to manage daily stressors

Anticipated External MEFA Outcomes:

- Those providing support will assist Individuals in feeling less alone
- Helping behaviors become increasingly normalized
- Mental health treatment becomes de-stigmatized
- Realization that emotional duress is not unique to the mentally ill
- An understanding is cultivated that allies are real