

Sesi Psikologi-Bimtek Fasilnas KPPPA

PAHAMI, PEDULI, PERKUAT DIRI

Minggu, 19 September 2021



Ad Familia
Indonesia

4 Area Penderitaan

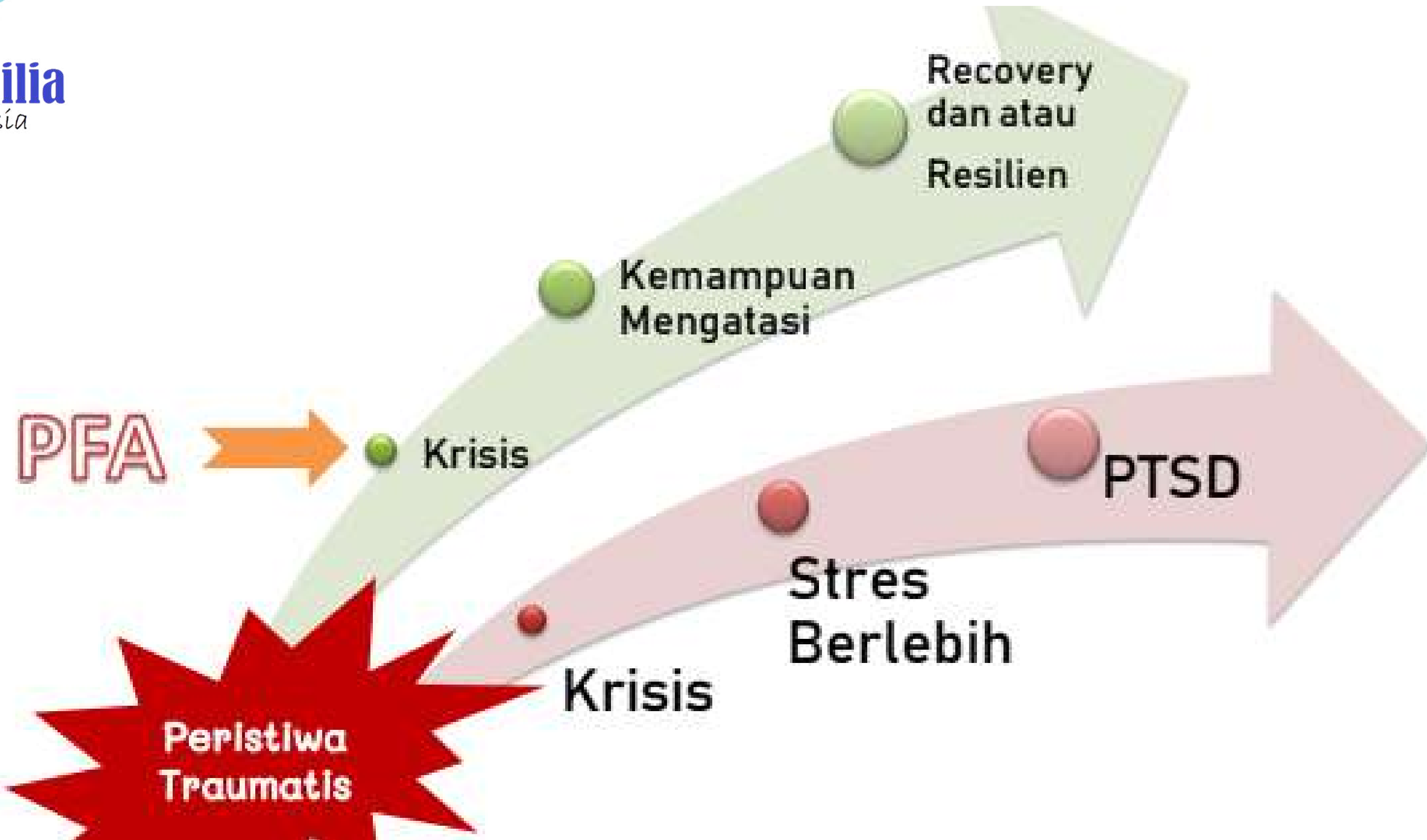


Fisik-material

Psikologis

Relasional

Eksistensial-spiritual



Psychological First Aid/P3K Psikologis



Menurut Sphere (2011) dan IASC (2007), Psychological First Aid (PFA) menggambarkan tanggapan kemanusiaan dan mendukung sesama manusia yang menderita dan membutuhkan dukungan.

Membuat P3K Psikologis

01

STOP SKILL



02

**SELF
SOOTHING/RELAKSASI**




03

DISTRACTION



1. Stop skill



- Stop: jangan memberikan respon
 - Take a step back mundur 1 langkah, ambil nafas
 - Observe: amati sekitar, sadari apa yang ada di dalam dan di luar diri
 - Proceed mindfully: memberikan respon dengan kesadaran
- 

FEELINGS CHECK-IN

Before we start our day, let's take a look at how we're feeling right now.

<https://www.menti.com/povax9t9ev>



A



B



2. Self Soothing/ Relaksasi

C



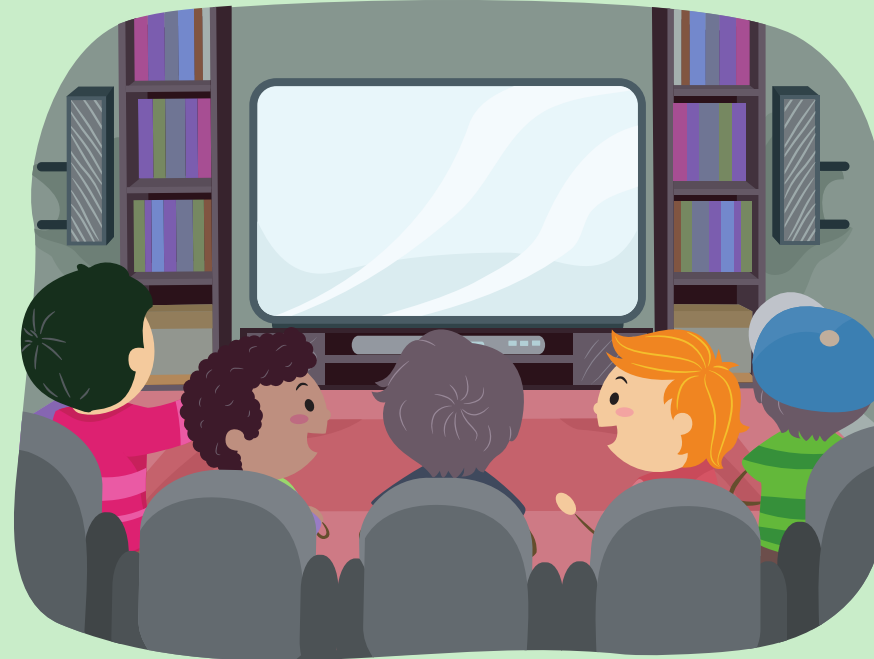
D



E



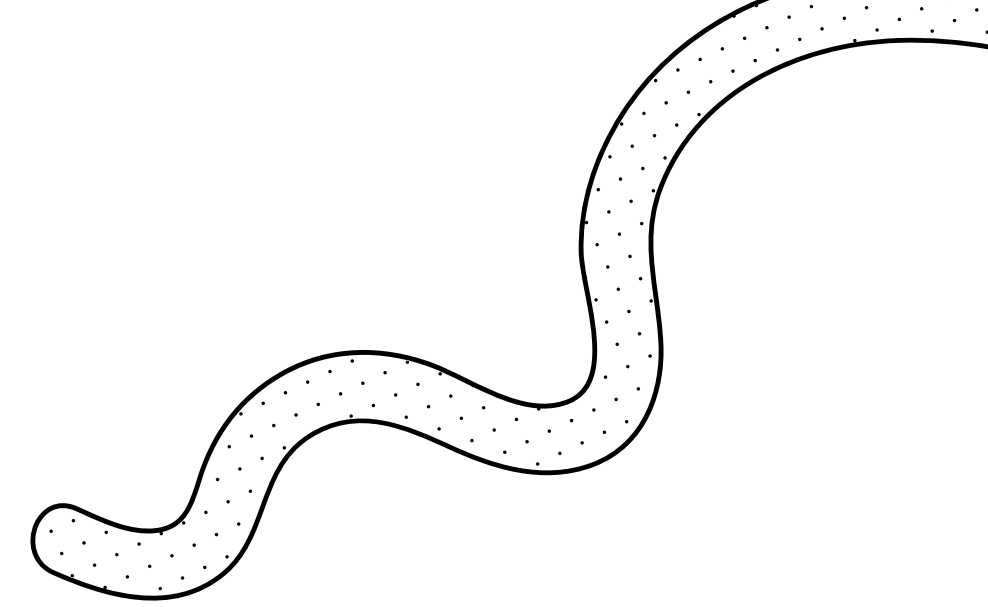
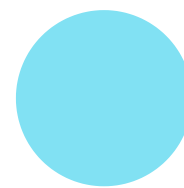
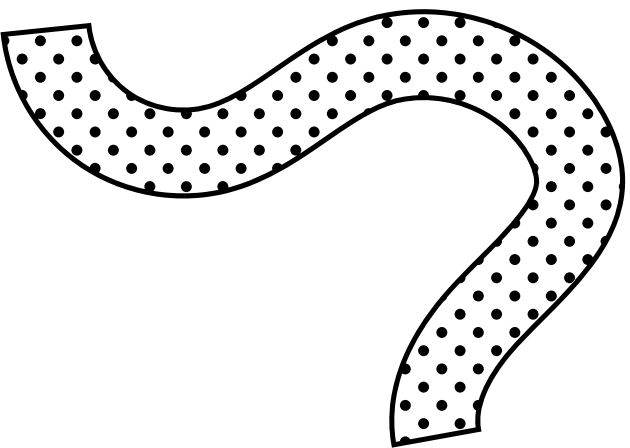
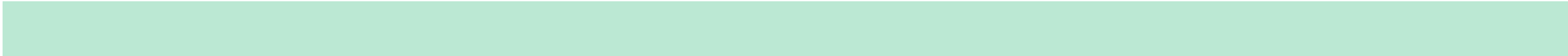
3. Distraksi





Refleksi Diri

link <https://bit.ly/P3D-P3K>



The background is white with scattered decorative elements: blue squiggles in the top-left, a brown asterisk in the top-center, a blue squiggle in the top-right, a pink asterisk in the top-right, a teal squiggle in the center, a brown squiggle in the middle-left, a teal squiggle in the middle-right, a teal squiggle in the bottom-left, a brown asterisk in the bottom-center, a teal squiggle in the bottom-right, a pink squiggle in the bottom-right, a brown squiggle in the bottom-left, a blue asterisk in the bottom-left, a teal squiggle in the bottom-left, a brown asterisk in the bottom-center, and a teal squiggle in the bottom-right.

THANK YOU FOR SHARING!

LET'S MAKE THIS DAY AMAZING!

SELAMAT MENCINTAI DAN SELAMAT BERKARYA

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