



**Shogaku Zen Institute**  
**shogakuzen.org**

**Psychological First Aid – Creating Safety in the Present Moment**

April 21<sup>nd</sup> thru June 23<sup>th</sup>

Wednesday evenings from 5:00 pm – 6:30.

Instructor: Rev. Koshin Steven Tierney, EdD, LPCC

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In this ten-week course students will examine the responses needed to survive and thrive during the past year, when Covid-19, quarantine, racial justice crisis and activism and an unprecedented economic downturn deeply impacted every individual and family. The Buddha taught us to dwell happily in things just as they are. The past year required us to respond in the moment to a lot of chaos and suffering.

Importantly, the skills we identified, enhanced and sometimes created got us through some very difficult experiences. We needed to be safe in the moment so we could be resilient in meeting our needs and those of our families and communities in the long run.

This course will identify tools of psychological first aid – creating safety, which we can use in our lives, in our work as pastoral counselors, and in our teaching to assist those with whom we live and practice – to meet both the challenges and the joys of living life fully.

Topics will include assessment of psychological health and wellness, creating options for short term resilience and longer-term healing, building connections that promote respect for the individual's experience and partnerships in healing and strategies for caring for yourself while also caring for others.

Required Text: The Johns Hopkins Guide to Psychological First Aid:

\$24.00 on Amazon. 19.00 on Kindle.

Additional readings and resources will be posted on the Canvas Learning Management System.

Date	Module Theme	Readings & Resources
April 21	Healing the Healer	<ul style="list-style-type: none"> <li>• Jacobson's progressive relaxation technique.</li> <li>• Diaphragmatic Breathing Exercises &amp; Your Vagus Nerve.</li> <li>• Hopkins Guide: Chapter 9</li> </ul>
April 28	Covid – 19 and mental, emotional and spiritual health.	<ul style="list-style-type: none"> <li>• Beyond a Perfect Storm – How Racism, Covid-19, and Economic Meltdown Imperil Our Mental Health. AMHCA Special Report.</li> </ul>
May 5	Defining Crisis and Trauma	<ul style="list-style-type: none"> <li>• Johns Hopkins Guide Chapter 2</li> <li>• What does a mental health crisis look like?</li> </ul>
May 12	The RAPID Method	<ul style="list-style-type: none"> <li>• John's Hopkins Guide. Section 2. Chapters will be shared by student partners assigned in session1. April 21<sup>st</sup>.</li> </ul>
May 19	Spiritual and Emotional Crisis and responses.	<ul style="list-style-type: none"> <li>• Spiritual First Aid: Theories and Practice</li> </ul>
May 26	Suicide First Aid	<ul style="list-style-type: none"> <li>• Ring the Alarm: the crisis of black youth suicide. Report of the Congressional Black Caucus. Suicide: What Therapist Need to Know. APA</li> </ul>
June 2	BIPOC Crisis and Responses	How to respond and help others respond to implicit racism, microaggressions and issues of white fragility.
June 9	Psychological Triage.	Practicing the Art of Psychological First Aid
June 16	Sangha and Community Crisis and response	Defining, building, sustaining and repairing a Sangha's, (parish or group's) definition of boundaries, sanctuary and safety. Case studies.
June 23	Global First Aid: Challenges and Opportunities	John Hopkins Text - Chapter 3