

New England Pet Partners, Inc.

***Enhancing well-being and education
with pet assisted therapy***



Psychological First Aid - Five Steps / www.nhresponds.org

- 1. Engage**
- 2. Stabilize**
- 3. Gather Information**
- 4. Develop and Implement Plan**
- 5. Follow Up**

Basic Principles

- 1. Promote Safety**
- 2. Care for Basic Needs (food, clothing, shelter)**
- 3. Promote Calm**
- 4. Validate Feelings / Listen**
- 5. Let Them Tell Their Story**
- 6. Use Supportive Communication**
- 7. Encourage Goal Oriented Behaviors**
- 8. Re-Establish Routines**
- 9. Use Support Networks**
- 10. Promote Connectedness**
- 11. Promote Healthy Coping**
- 12. Problem Solve**
- 13. Instill Hope**