

# APS *Disaster Response* Network (DRN) Training

Build resilience, support recovery, and strengthen wellbeing across all stages of the disaster cycle

**Disaster  
Response  
Network**

An APS Community Initiative

APS DRN training equips individuals, teams and communities with evidence-based psychosocial skills to prepare for, respond to, and recover from disasters.

## Delivery options

- ✓ Online or in-person
- ✓ Modular sessions
- ✓ Tailored to workforce needs

## Training courses at a glance

### Psychological First Aid (PFA)

Duration: 4 hrs (2× 2 hour modules)

- Recognise psychosocial reactions to crisis
- Apply PFA principles in real settings
- Support others and manage your own wellbeing

### Mental Wellbeing at Work

Duration: 2 hrs (4× 30 minute modules)

- Monitor your mental and physical wellbeing
- Make positive workplace adjustments
- Strengthen personal and team care strategies

### Community Psychosocial Wellbeing

Duration: 4 hrs (2× 2 hour modules)

- Understand disaster impacts on communities
- Build community preparedness and recovery skills
- Coordinate effective community support

### Leaders Supporting Mental Wellbeing

Duration: 4 hrs (2× 2 hour modules)

- Understand staff responses to trauma
- Encourage open conversations and help-seeking
- Foster psychologically safe work environments





### Why APS DRN training?

- ✓ Developed by Australia's peak psychology body
- ✓ Aligned to the Australian Disaster Recovery Framework
- ✓ Backed by clinical expertise and field-tested knowledge
- ✓ Practical tools to build capacity across all disaster phases

### Integrated support across the disaster cycle: Preparation – Response – Recovery

- ✓ Wellbeing checks
- ✓ On-the-ground support
- ✓ Psychosocial education
- ✓ Capacity building for future events

### Contact Us

To book a workshop or tailor a training program for your organisation:

[drn@psychology.org.au](mailto:drn@psychology.org.au)  
[psychology.org.au](https://psychology.org.au)