

Skills for Psychological Recovery (SPR)

What Is SPR?

Skills for Psychological Recovery is an early intervention approach that can follow Psychological First Aid (PFA) in the weeks and months after disasters or other adverse events. SPR is a more intensive approach that offers ways to improve coping skills and manage distress in the aftermath of adverse events, such as Covid-19. SPR focuses on teaching five key skills to promote resilience and recovery:

- Problem-solving
- Promoting positive activities
- Helpful thinking
- Managing reactions to stressful events
- Building healthy social support

Who is SPR training for?



This training is helpful for anyone who works with children or adolescents. SPR was designed for professionals from a variety of backgrounds.

So a background in mental health or behavioral interventions is not necessary to learn SPR, although professionals with a basic familiarity of mental health counseling and social service practices are strongly encouraged to attend. SPR was developed to train a wider provider audience, particularly professionals who are working directly with children who have been impacted by disaster or other adverse events.

Recruitment audience:

teachers, school staff, childcare workers, other community members

Why choose SPR?

SPR is trauma-informed and based in cognitive-behavioral therapy skills. This skills-based approach is backed by evidence and was designed to decrease distress, improve functioning, and build resilience. As a preventive intervention, SPR provides ways to help children regain a sense of control and confidence in helping themselves in the aftermath of disasters or other adverse events.