



MESS Basic Syllabus

Course Description

Learn to confidently support individuals facing **mental, emotional, and spiritual distress** using our proven **6-Part Protocol®** rooted in **compassion, curiosity, and connection**. This highly interactive course equips participants with practical skills for both **supportive conversations** and **crisis stabilization**—without the pressure to “fix” or offer quick solutions.

This training is ideal for **clergy, chaplains, lay leaders, and compassionate community members**. Whether you’re supporting someone struggling with stress or showing up during a moment of crisis, this course will sharpen your ability to:

1. **Show up** with compassionate, guiding presence
2. **Lean in** with deep listening, appropriate asking, and further exploration
3. **Listen out** to identify immediate needs and critical concerns
4. **Provide care** through crisis stabilization or supportive acceptance and empowering action
5. **Kindle hope** by encouraging perseverance and inspiring possibility
6. **Follow up** through planning and/or refer to next-level care

No prior experience required—just an **empathetic spirit** and a **desire to walk alongside those who are hurting**.

Course Logistics

- **Duration:** 2 Days (16 Hours)
- **Format:** In-person or Online (via Zoom)
- **Cost:** \$315.00 / per person (instructor travel not included)
- **Class Size:** minimum: 12 participants; maximum: 42 participants
- **For more information or book a training:** dorie@messministries.org