



# MES-Stabilization Training Syllabus

---

## Course Description

There is a difference between wanting to be helpful and actually being helpful. This comprehensive **8-hour** course delivers dynamic instruction and necessary skills for providing crisis stabilization.

This course is ideal for **clergy, chaplains, lay leaders, and community responders** called to mentally, emotionally, and spiritually care for individuals and/or groups overwhelmed and in crisis.

This foundational course provides Helpers the **MES-Stabilization toolkit** — delivering the **6-Part Protocol©** as a guide for stabilizing those critical **minutes, hours, and days** following a tragic event. Through this structured framework, participants will gain more than **15 actionable skills** to sharpen and/or add to one's existing skill bank.

1. Show up
2. Lean in
3. Listen out
4. Provide care
5. Kindle hope
6. Follow up and/or Refer

## BONUS: The Both/And Experience — Caring for Others While Caring for Yourself

Participants also learn simple tools for Helper self-care using the **3 R's: Review, Refill, Refresh**, helping Helpers regulate their own stress response after supporting someone in crisis and maintain sustainable capacity for continued care.



# MES-Stabilization Training Syllabus

---

No prior experience required—just an empathetic spirit and a desire to help individuals *hurt less and heal better.*

## Course Methodology

- Expert instruction
- Demonstrations and discussion
- Small group learning labs
- Practice exercises (no roleplay!)
- “Homework” for continued practice

## Course Materials

- Student textbook
- Course slides
- Field guide
- Refresh training videos

## Course Logistics and Registration

- Duration: 1 day / 8 hours
- Format: In-person or on Zoom
- Cost: \$79.00/per person\*  
Zoom rate only - does not include instructor travel. Group rates and discounts available.

For more information on MESS, contact [dorie@messministries.org](mailto:dorie@messministries.org)

\*NO COST to those registering through Lutheran Disaster Response (LDR) training support community.  
For more information on LDR, contact [Sean.Coffman@elca.org](mailto:Sean.Coffman@elca.org).