



# MES-Support Training Syllabus

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## Course Description

MES-Support Training is a 16-hour, skills-based program designed to equip clergy, lay leaders, and community responders to effectively support individuals experiencing ongoing stress.

Grounded in the 6-Part Protocol©, this training provides a clear, structured approach to support conversations—helping participants stand with and walk beside others without taking over, fixing, or carrying what isn't theirs to carry.

Participants learn how to help others:

- lower stress
- regain clarity
- and move toward healthier thinking and decision-making

MES-Support focuses on the **recovery side of care**—after the immediate crisis has passed—when individuals are ready to process, reflect, and begin moving forward.

This course is designed to complement existing crisis response or wellness programs, not replace them.

## This Training Is Ideal For

- Clergy
- Lay leaders
- Chaplains
- Community responders
- Support personnel
- Seminary and graduate students



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## Key Learning Objectives

Participants will learn how to:

- Apply the 6-Part Protocol© to guide effective support conversations
- Recognize how stress impacts thinking, emotions, and decision-making
- Listen beyond the presenting problem to explore “the problem with the problem”
- Use validating and exploring skills to uncover underlying concerns
- Provide support without fixing, rescuing, or overstepping
- Compassionately challenge distorted thinking while maintaining trust
- Encourage clarity, ownership, and healthier decision-making
- Maintain appropriate boundaries while remaining deeply supportive
- Recognize when additional support or referral is needed

## Training Methodology

- Expert instruction grounded in mental, emotional, and spiritual care
- Demonstration, discussion, and guided application
- Small-group learning labs
- 1-on-1 practice exercises (no artificial roleplay scenarios)
- Optional AI-supported practice for continued skill development

## Course Materials

- Structured Student Guide
- Course Slide Deck
- Quick-reference field tools
- Pre- and post-training confidence assessments



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## Instructor Experience

Training is delivered by experienced practitioners and instructors who have been equipping helpers since 2011.

Instruction emphasizes real-world application while helping participants translate skills into their own personal, professional, and ministry contexts.

## Why Organizations Choose MESS Ministries

MESS Ministries, Inc. equips those who serve at the intersection of mental, emotional, and spiritual care.

Our approach is:

- Practical and skills-based
- Structured and repeatable
- Immediately applicable in real conversations

Organizations choose MESS because:

- The 6-Part Protocol© provides a clear, trusted framework
- Skills are usable across roles, settings, and experience levels
- Training complements—not competes with—existing programs
- Participants gain tools for both supporting others and caring for themselves
- Measurable growth through pre- and post-assessments
- A “Both/And” experience—participants gain skills to support others while strengthening their own mental, emotional, and spiritual well-being



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## Training Cost

\$315 per participant

Includes all course materials and practical support tools

Instructor travel not included

Group pricing and scholarships available.

## Enrollment

Courses are scheduled based on organizational or group needs.

To inquire about upcoming classes or to schedule a course for your team, please contact us – [info@messministries.org](mailto:info@messministries.org).

A minimum of 12 participants is typically required to run a course.

If minimum enrollment is not met, participants may transfer to a future session or receive a full refund.