



MESS Basic Training Syllabus

Course Description

There is a difference between wanting to be helpful and actually being helpful. This comprehensive **2.5-day (20 hour)** course delivers dynamic instruction and necessary skills for effectively stabilizing those overwhelmed by tragedy or supporting someone struggling with stress.

This course is ideal for **clergy, chaplains, lay leaders, and community responders** needing to provide care and kindle hope in both crisis and daily stress spaces.

This foundational course equips Helpers to utilize the **6-Part Protocol©** — providing two critical **toolkits: MES-Stabilization and MES-Support**. Through this structured framework, participants will gain more than **25 actionable skills** to sharpen and/or add to your 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

We don't just teach you necessary skills for helping others — we teach you how to use **6-Part Protocol©** skills to care for yourself while caring for others. We call this the *both/and experience*. Practice a sustainable way to care for others without the cost of losing yourself to burnout or compassion fatigue.



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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
- 1-on-1 practice exercises (no roleplay!)
- “Homework” for continued practice

Course Materials

- Student textbook
- Course slides
- Quick guides
- Refresh training videos

Course Logistics and Registration

- Duration: 2.5 days (20 hours)
- Format: In-person or on Zoom
- Cost: \$379.00/per person*
Zoom rate only - does not include instructor travel. Group rates and discounts available.

For more information on MESS, contact dorie@messministries.org

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