BIBLICALLY-INFORMED | EVIDENCE-INFORMED | TRAUMA-INFORMED

SPIRITUAL FIRST AID™

ORGANIZATION AND COURSE OVERVIEW

MENTAL HEALTH IS COMPLEX. HELPING DOESN'T HAVE TO BE.

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WELCOME FROM OUR CO-FOUNDERS

In the pages that follow, we invite you to join us in Spiritual First Aid's mission to reverse the mental health crisis with our research-driven Christian mental health courses and resources that take the guesswork out of peer-to-peer support.

We created Spiritual First Aid to equip everyday helpers, churches, and organizations with the tools they need to transform their compassion for unmet mental health needs into effective care.

After more than 30 years of combined frontline ministry and mental health experience, we know how overwhelming it can be to walk with others through spiritual and emotional struggles.

This is where your story and our story overlap. We've seen firsthand how big of a difference peer support can make.

That's why we are dedicated to making it easier for you to become the kind of helper others need you to be - so you can support others with confidence, have peace of mind about the care you give, and continue helping without burning out.

Blessings,

Jamie Kent





JAMIE ATEN, PH.D.
TRAUMA PSYCHOLOGIST

KENT ANNAN, M.DIV.
HUMANITARIAN MINISTRY LEADER

GETTING TO KNOW SPIRITUAL FIRST AID

ABOUT

SPIRITUAL FIRST AID THE ORGANIZATION

We are a Christian organization that strives to transform scientific findings and best practices into user-friendly training and resources rooted in scripture and trauma-informed principles.

We apply a Design Thinking mindset and methods to learn from those we serve, creating innovative, practical solutions that meet real-world needs.

This approach is strengthened by translating insights from our research through our affiliation with the Humanitarian Disaster Institute at Wheaton College.

OUR MISSION

To turn our research into innovative training and tools so that everyday helpers, churches, and organizations can confidently turn their compassion into effective care.

OUR CORE VALUES

Grounded first and foremost in our Christian faith, our core values for how we do things are:



Humility



Innovation



Collaboration

OUR VISION

To reverse the global mental health crisis ***by sparking a movement*** of everyday helpers, churches, and organizations to share God's love through compassionate care so no one struggles alone.

HOW SPIRITUAL FIRST AID WAS DEVELOPED

Developed in disaster zones. Designed for everyday life.

Spiritual First Aid was created in response to disasters and refined through real-world challenges. **What started as a frontline tool for crisis response has been thoughtfully adapted to meet the everyday mental health struggles people face**—like loneliness, anxiety, grief, and burnout. It's a trusted framework for bringing spiritual and emotional care to any situation, from mild stress to mass trauma.



OUR PROMISE

Spiritual First Aid is biblically-informed, evidence-informed, and trauma-informed, so you can feel confident in the care you give.

FEATURED IN

The Washington Post

CT
CHRISTIANITY TODAY

FOX NEWS

CNN

RNS
RELIGION NEWS SERVICE

The New York Times

Psychology Today

MOODY RADIO™

BBC NEWS



“I’ve been looking for this resource! There are many people who want to support and provide holistic care to individuals in their community and church. They are often open to learning skills to be better equipped to do this.

Spiritual First Aid is an accessible course that is multiplying our goal of identifying and training the helpers.”

DANIEL R., BLOOMINGDALE CHURCH

HOW YOU CAN HELP WITH SPIRITUAL FIRST AID

We are in mental health crisis where more people need care than there are professional helpers available.

Spiritual First Aid is a better, easier way to prepare to care. You'll gain everything you need to take the guesswork out of providing peer support with our proven training and tools.

WHAT'S AT STAKE

Without proper training, you and others in your church, organization, or community are likely to....

- Not know what to say or do.
- Miss emotional struggles.
- Mistake everything for trauma.
- Experience burnout.
- Experience compassion fatigue.

IT DOESN'T HAVE TO BE THIS WAY

You don't have to keep second-guessing yourself, worrying if your church is doing enough, or questioning if your organization's efforts matter.

PEER-TO-PEER CARE SIMPLIFIED

The Spiritual First Aid Certificate Course and mini courses teach frontline peer-to-peer spiritual and emotional care and trauma-informed best practices. in a way that's easy to learn, remember, and put into practice.

LEARN OUR PROVEN BLESS CPR FRAMEWORK

BLESS NEEDS

We've condensed hundreds of mental health challenges into five easy-to-remember BLESS needs (see image on right).

Our research shows that when these five core needs go unmet, spiritual and emotional distress is more likely to occur.

This unique needs approach ensures you'll spend more time developing and practicing practical skills instead of just memorizing symptoms.



"I appreciate the structure and layout of the BLESS method. I think it is a simple approach to apply and the way it was described was easy to follow. The role-plays were a great way to demonstrate their application."

JILL B., MENTAL HEALTH PROFESSIONAL

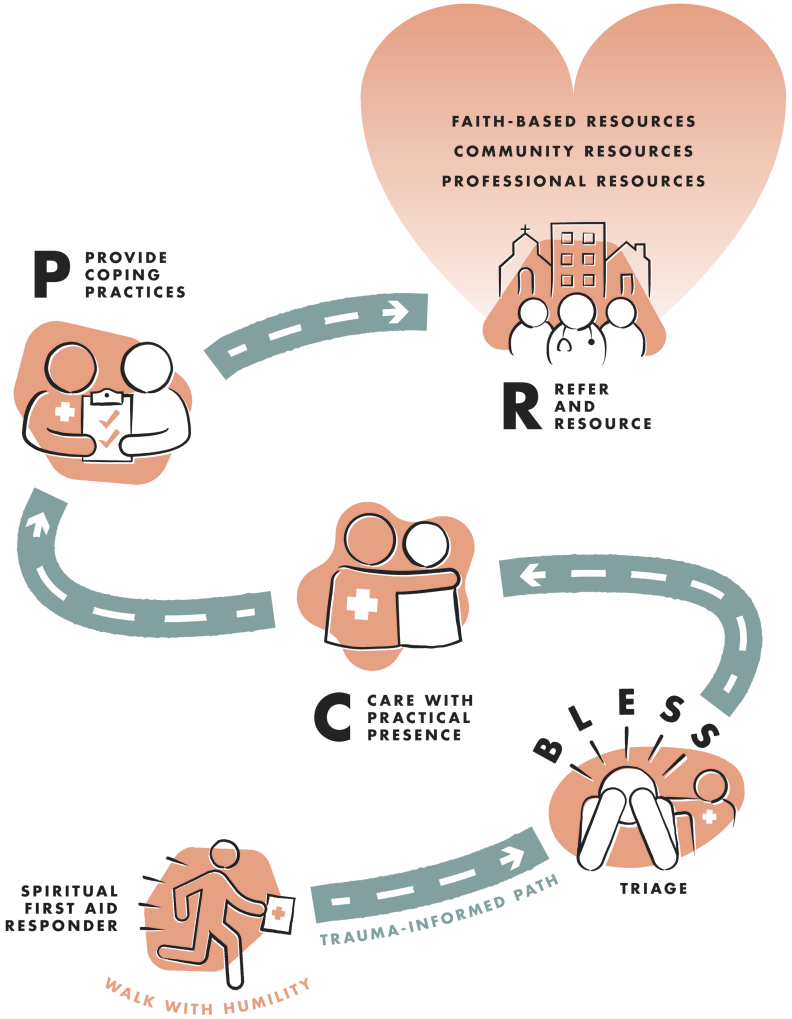
BLESS CPR FRAMEWORK

May the Lord answer you when you are in distress...May He send you help from the sanctuary and grant you support." (Psalm 20:1-5)

Gain a proven step-by-step spiritual and emotional care helping framework.

Similar to medical first aid which provides temporary care, Spiritual First Aid's BLESS CPR framework will help you master small actions that make a big difference.

Gain the know-how and skills to quickly triage and provide rapid care for unmet BLESS needs and trauma.



"Spiritual First Aid has helped me be better prepared to respond to people experiencing chronic homelessness in a meaningful way. It provided me with tools and things to think about as I engage with our friends (guests)."

RAINER B., SENIOR OPERATIONS MANAGER, OURCALLING

BUILT ON OVER $7M IN GRANT-FUNDED RESEARCH

JOHN TEMPLETON FOUNDATION

TEMPLETON RELIGION TRUST

NIH National Institute of Mental Health

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

Cook County DEPT. of Public Health

Promoting health. Preventing disease. Protecting you.

AMERICAN BIBLE SOCIETY

CCCU

COUNCIL FOR CHRISTIAN COLLEGES & UNIVERSITIES

BACKED BY RESEARCH

“For the Lord gives wisdom; from his mouth come knowledge and understanding." (Proverbs 2:6)

RESEARCH FOUNDATION

Spiritual First Aid is built on more than:

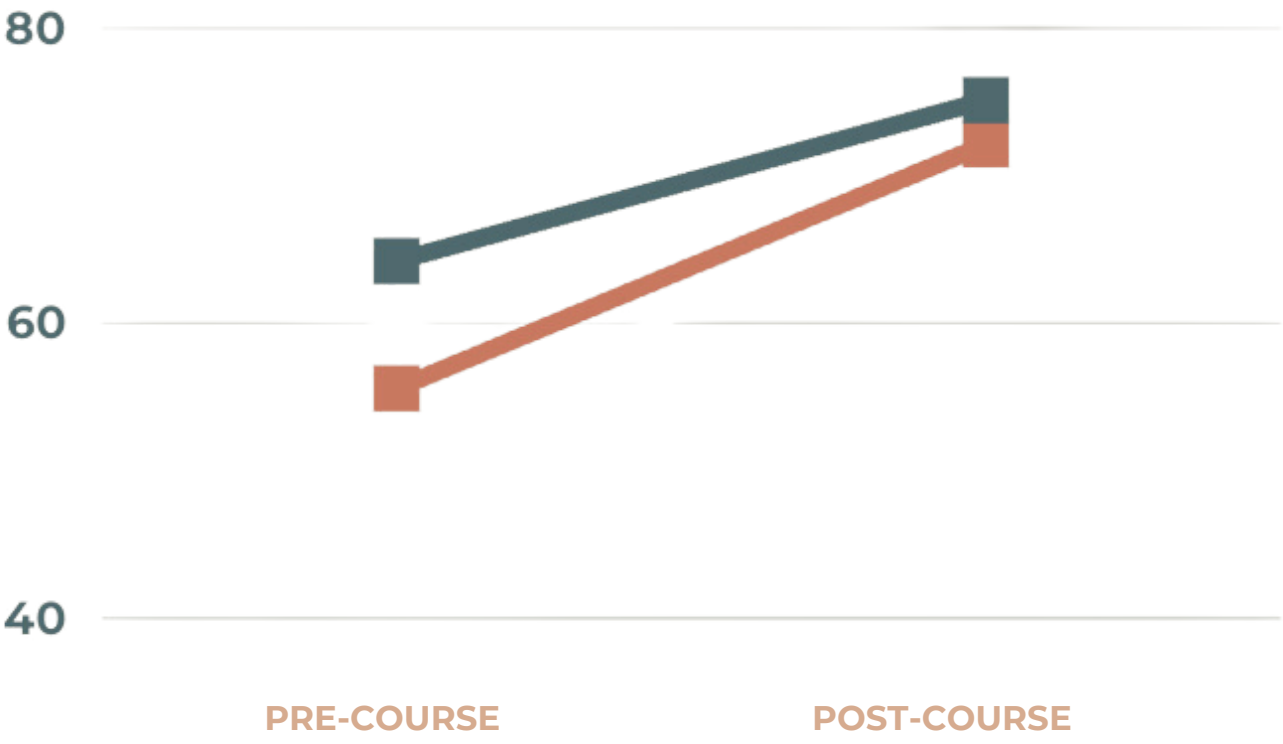
- 15 years of research
- 50 empirical studies
- 150 scholarly publications

Research shows the course Improves helpers’ recognition of and responses to unmet needs, traumas, and safety issues like suicide.

OUTCOME RESEARCH

A study led by researchers at Georgia State University’s Center for the Study of Stress, Trauma, and Resilience found Spiritual First Aid is effective in training care providers to choose practical and humble ways of providing spiritual and emotional care.

Mclaughlin et al. (2024). Development and Testing of the Spiritual First Aid Curriculum for Training Spiritual and Emotional Care Providers. Spirituality in Clinical Practice. American Psychological Association, Washington, DC.



Participants demonstrated a significant increase in their endorsement of humble and practical responses to a variety of needs.

Participants were more likely to choose direct ways of assessing and responding to safety risks (e.g., suicidal thoughts).

WHAT RESEARCHERS ARE SAYING

"We observed significant improvements in participants' choices of humble and practical ways of responding to survivors' needs in times of crisis."

"Participants were more likely to choose direct ways of assessing and responding to safety risks [e.g., suicidal thoughts]."

"Spiritual First Aid's contextualized psychoeducational training represents a strategy for addressing disparities in care among individuals who are a part of spiritual communities."

"Participants decreased their likelihood of selecting responses that are too quick to fix or indirectly assess safety risks."

From Mclaughlin et al. (2004). Development and Testing of the Spiritual First Aid Curriculum for Training Spiritual and Emotional Care Providers. Spirituality in Clinical Practice. American Psychological Association, Washington, DC.

TRANSFORM THE WAY YOU CARE: YOUR 3-STEP PLAN

1

CHOOSE COURSE

Explore our flagship certificate course or one of our mini courses.

2

SELECT LEARNING FORMAT

Pick from on-demand, facilitator-led group, facilitator-led workshop, or trainer-led workshop option.

3

ENROLL AND START MAKING A DIFFERENCE

Be ready to help when others need you most.



All Spiritual First Aid courses are built with accordion-style flexibility, allowing you to complete them self-paced on demand, spread across small group sessions, or condensed into a one or two day workshop.

SPIRITUAL FIRST AID CERTIFICATE COURSE

OUR FLAGSHIP CERTIFICATION COURSE

WHAT OTHERS ARE SAYING



"Knowledge itself is not what does it. For example, I took Mental Health First Aid, Youth Mental Health First Aid, and I remember nothing. I took Spiritual First Aid, I remembered everything, because it was so applicable to what we were doing as a church.

Spiritual First Aid gave us a framework for how to respond. For the first time our church is equipped on every level to deal with someone that comes to our church for help. We are no longer intimidated by who walks in their door, of what they might be dealing with. Because now we have the skills to help and if professional counseling is needed we've also learned how to refer for ongoing care."

PASTOR VERNON BLUE, CO-PASTOR, EXECUTIVE ADMINISTRATOR SPIRITUAL DEVELOPMENT DIRECTOR, FAMILY LIFE INTERNATIONAL MINISTRIES

SPIRITUAL FIRST AID CERTIFICATE COURSE

ONE CURRICULUM, FIVE LEARNING FORMATS

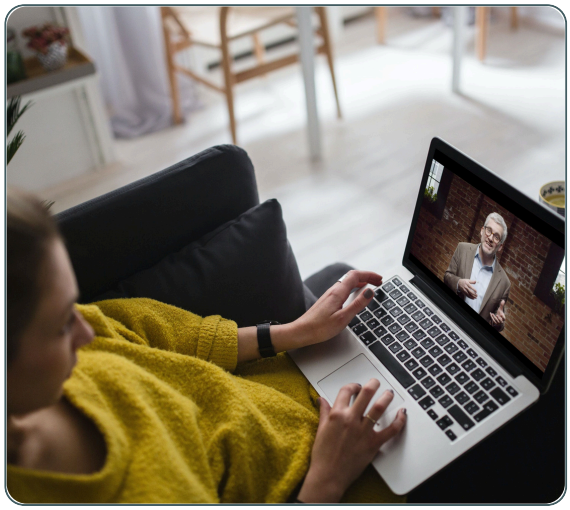
Our all-inclusive courses are comprised of expertly-produced online training videos and downloadable tools and resources. Courses can be completed in just six to nine hours.

1. ON-DEMAND COURSE

Rediscover your joy for learning and helping.

With the on-demand Spiritual First Aid Certificate Course, you'll gain the know-how and skills needed to care well for others:

- Perfect for individuals
- Learn online
- Self-paced
- Six hours to complete



You'll have fun learning, thanks to our expertly-produced videos and engaging hands-on activities and exercises.

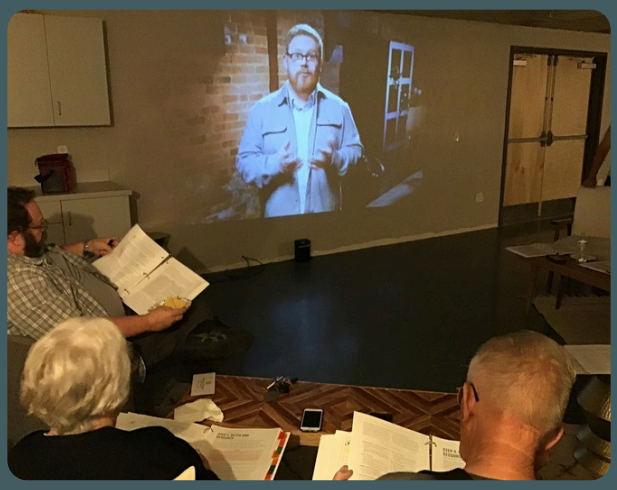
2. GROUP COURSE

Gain practical training and tools while learning with other compassionate helpers in a supportive, facilitator-led small group.

Includes everything taught in the on-demand version of the course.

Has the added benefit of engaging in group discussions, hands-on activities, role-playing exercises, and more:

- Ideal for small groups
- Facilitator-led
- Meet in-person, virtually, or in a hybrid format
- Nine hours to complete



BECOME A FACILITATOR

Once certified in Spiritual First Aid, you can become a facilitator.

Course facilitators are volunteers who help bring the Spiritual First Aid Certificate Course to life for groups.

Gain access to free facilitator resources that make recruiting, launching, and leading the group course easy.

3. FACILITATOR-LED WORKSHOP COURSE

Everything you love about train-the-trainer and trainer-led workshops - *minus the costly instructor training and trainers!*

Empower your group with a dynamic, hands-on learning experience designed to bring Spiritual First Aid to life.

Includes everything taught in the on-demand version of the course, with the added bonus of group interaction, small groups, role-play Helping Lab, and more:

- Complete in one-day or two half-days.
- Ideal for large groups and organizations
- Facilitator-led
- Meet in-person, virtually, or in a hybrid format



BRING A FACILITATOR-LED WORKSHOP TO YOUR CHURCH, ORGANIZATION, OR COMMUNITY

Your three-step plan for a turnkey, stress-free training:

1. Purchase a block of workshop courses.
2. Choose a volunteer facilitator(s) from your group.
3. Launch your workshop and have immediate impact!

WHAT OTHERS ARE SAYING



"Before we started using Spiritual First Aid we use to struggle training our volunteers. Last year we trained over 1,000 church, Christian school, and disaster volunteers all around the country using the Facilitator-Led Spiritual First Aid Workshop Course!"

REV. CHRIS SINGER, PRESIDENT/CEO, LUTHERAN CHURCH CHARITIES



LUTHERAN CHURCH CHARITIES K-9 COMFORT DOG MINISTRY HANDLERS

4. TRAINER-LED WORKSHOP COURSE



A one-day or two half-day training taught by our team in-person or through livestream. It's a stress-free, worry-free, turnkey training event that your group will love:

- Tailored for larger groups
- Taught live by our team
- Complete in just one or two half days
- Customized helping scenarios
- One-hour video consultation to help your team prepare
- Ongoing host support

FACILITATOR AND TRAINER-LED WORKSHOPS IMPROVE HELPER CONFIDENCE

When comparing pre-workshop and post-workshop scores, participants report a 20% increase in their confidence to recognize and respond to spiritual and emotional struggles, as well as trauma.



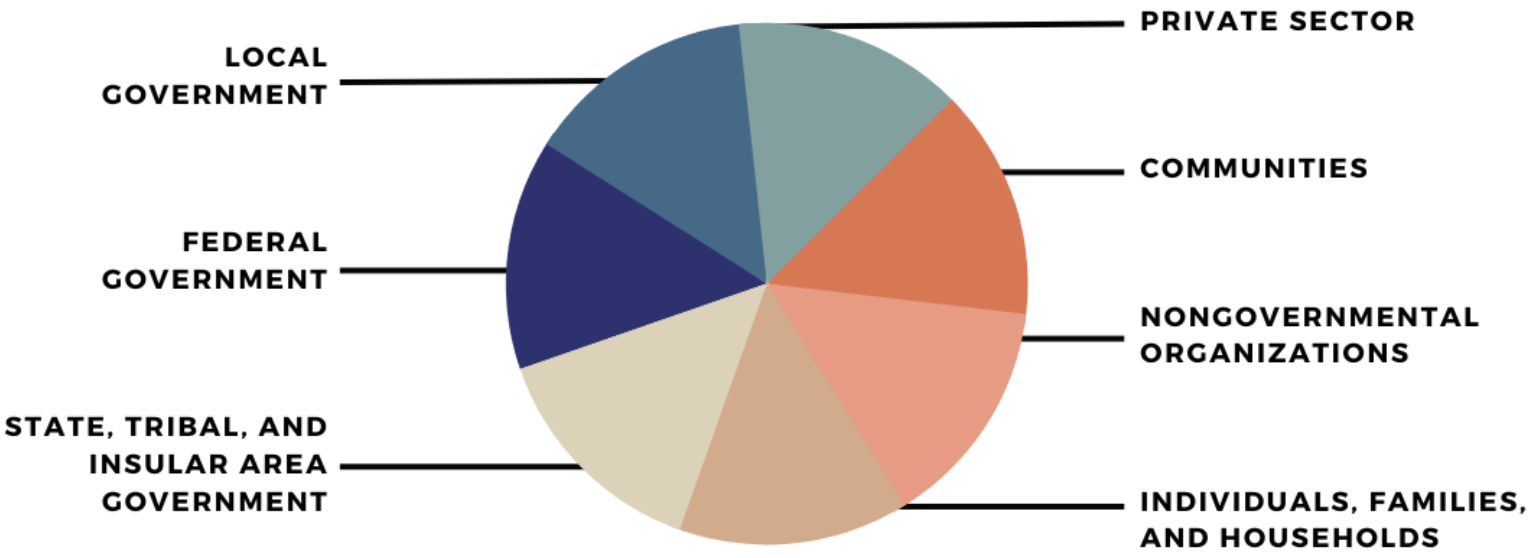
5. COMMUNITY EDITION

Do you have outreach initiatives serving a diverse community?

Do you work in or collaborate with local, state, or federal agencies?

You see the possibilities for how Spiritual First Aid could help in your unique situation, but you also need to abide by broader guidelines. To address such unique ministry needs, we created the *Spiritual First Aid Community* by adapting our flagship course for a more general, non-sectarian audience.

Available in on-demand, facilitator-led group, and workshop formats.



WHAT OTHERS ARE SAYING



“Thank you for the opportunity to become a Spiritual First Aid Responder!

Spiritual First Aid gave me more confidence and tools to be effective where I'm planted.

Completing the course also increased my confidence in helping others out of my comfort zone. ‘Be ye also ready,’ at all times means getting what you need to be effective, so take the course.”

CAROLYN M., MINISTER, MENTAL HEALTH ADVOCATE, LIVING WORD MINISTRY

COURSE SESSIONS



1. Spiritual First Aid Basics



2. BLESS Triage



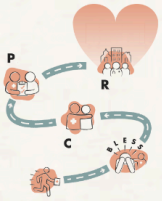
3. Care with Practical Presence



4. Provide Coping Practices



5. Refer and Resource



6. Helping Lab

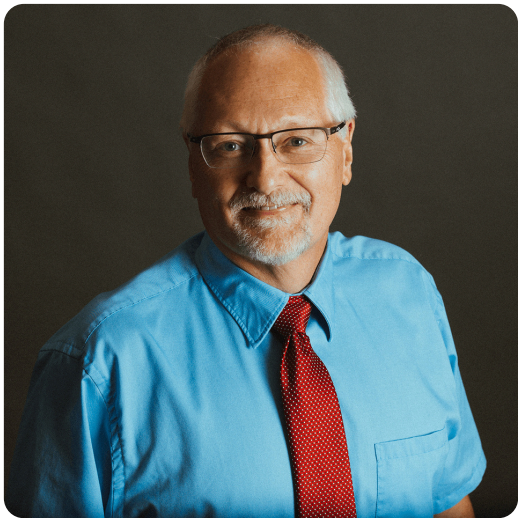
WHAT'S INCLUDED

Everything you need to make a difference.

- 9 on-demand training videos ✓
- Welcome guide ✓
- Field guide ✓
- Workbook ✓
- Self-assessments ✓
- Helping role plays and scenarios ✓
- 20+ actionable tools and protocols ✓
- Overview of supporting research ✓



WHAT OTHERS ARE SAYING



DAVID N. ENTWISTELE, PSY.D., DISTINGUISHED PROFESSOR OF PSYCHOLOGY, NORTH GREENVILLE UNIVERSITY, EMERITUS PROFESSOR OF PSYCHOLOGY, MALONE UNIVERSITY

"The Spiritual First Aid Certificate course is an excellent resource for higher education, professional, and paraprofessional training to equip individuals and organizations to provide critical spiritual and emotional support ...The basic principles of effective intervention in the SFA course are based on solid biblical grounding, draw on a substantial empirical research base, and have been field-tested in a variety of real-life scenarios over many years. I do not know of any other resource which provides such competent advice on what to do – and what not to do!"

SPIRITUAL FIRST AID MINI COURSES

These brief introductory courses can be completed in just one to two hours individually or in two to three hours as part of a facilitator-led group or workshop:

- Spiritual First Aid for Children and Adolescents Mini Course
- Spiritual First Aid Basics Mini Course
- Becoming a Trauma-Informed Church, Organization, or Community Mini Course and Toolkit
- Spiritual Self-Aid for Burnout Mini Course (Coming Soon)

1. SPIRITUAL FIRST AID FOR CHILDREN AND ADOLESCENTS MINI COURSE

The mini course that teaches you to effectively care for kids and teens. With this course you'll be able to:

- Understand Spiritual First Aid's BLESS CPR step-by-step framework.
- Apply age-specific helping skills.
- Recognize signs of childhood trauma and emotional distress.
- Play an important role in preventing and responding to safety issues like suicidal thoughts, abuse, and neglect.

WHAT'S INCLUDED

Comes with videos, manual, and workbook. Plus, nine bonus field guides!



This course is great for quickly onboarding volunteers and equipping large groups.

WHAT OTHERS ARE SAYING



"We had an excellent training day, thanks to all of you for your help! The energy in the room was so positive and encouraging. Our teachers and staff gave it a 10/10. I will say that our school counselors especially are excited to see this paradigm employed to help increase the number of hands on deck. More to come later as I work with another group of teachers and the mini-course."

DAVID H., EXECUTIVE DIRECTOR OF FAITH FORMATION, MINNEHAHA ACADEMY

2. SPIRITUAL FIRST AID BASICS MINI COURSE

This introductory mini course will teach you key principles and helping skills from our flagship Spiritual First Aid Certificate Course.

JUST-IN-TIME TRAINING

Many who completed our flagship course asked for a shorter version they could share with others that taught practical skills and would help raise mental health awareness, even with limited time and busy schedules.

This impactful course is perfect for taking right before helping a neighbor through a rough patch or when you need to equip your team or volunteers with essential training when time is of the essence.

WHAT YOU'LL GAIN

This course was designed to make it possible to quickly gain some essential mental health support skills:

- Fast and Flexible: Complete it in just 1-2 hours; it's designed for even the busiest schedules.
- High-Quality Video Lessons: Three professionally produced core lessons on Frontline Spiritual and Emotional Care, BLESS Needs and Trauma, and Care with Practical Presence.
- Actionable Resources: Includes a field guide, workbook, optional Helping Lab lesson, and eight bonus downloads!

WHAT OTHERS ARE SAYING



“Before Spiritual First Aid, I wasn’t sure how to respond to individuals who were having a crisis. But having completed the course, I now feel like I know what to say (and not to say) when someone is upset, I have coping practices ready to suggest, and I know when it's time to refer someone to professional care.

Now I feel confident in helping others through trauma. I feel like now I know how to help the immediate need and how to refer individuals to other resources for long-term support.

I enjoyed taking the course. I loved learning how to help in four easy steps. I can use what I learned from this course with my friends, family, and in my ESL classroom. This course is very practical and you can use it in any situation, whether it be with friends or a coworker. You learn how to offer help in a healthy way.”

GRACE G., STUDENT, WHEATON COLLEGE

3. BECOMING A TRAUMA-INFORMED CHURCH, ORGANIZAITON, OR COMMUNITY MINI COURSE AND TOOLKIT

This mini course and toolkit will equip you with practical, biblically grounded, and evidence-based strategies for preventing, responding, and recovering from trauma.

Discover an accessible starting point for anyone wanting to help their church, organization, or community.

By completing this course, you'll gain essential insights and tools for offering meaningful support and taking the first steps toward becoming more trauma-informed organizationally.

Unlock over 50 trauma-informed resources, including field guides, e-books, workbooks, handouts, planning tools, checklists, and more.

WHAT YOU'LL GAIN

By completing this course, you'll learn:

- How to identify practical first steps for your church, organization, or community to become more trauma-informed.
- From real-life examples of successful trauma-informed practices implemented by other groups.
- To develop actionable strategies to integrate trauma-informed care into your existing policies, procedures, and practices.
- To develop a personalized action plan using our guided framework to assess strengths, identify gaps, and outline clear trauma-informed goals.

4. SPIRITUAL SELF-AID MINI COURSE (COMING SOON)



This course goes beyond just teaching information, you'll be led through proven Christian practices shown to help reduce stress and protect against burnout.

NOT YOUR TYPICAL SELF-CARE PROGRAM

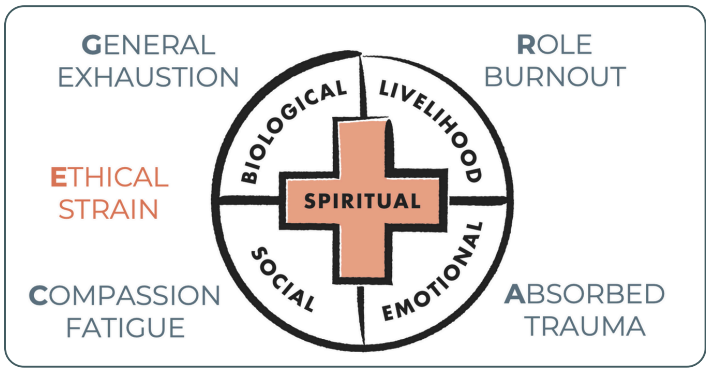
Spiritual Self-Aid is a program that teaches helpers how to care for themselves as they care for others.

You'll learn how to cultivate healthy rhythms instead of striving for an unattainable "balance."

Plus, you'll receive lots of actionable tools that you can put to use right away.

THE FIVE GRACE HELPER CHALLENGES

You'll not only learn about each of the GRACE Helper Challenges, but also how to prevent and overcome them.



This course also works great as a half-day retreat, offering rest, renewal, and resilience your group will truly value. Like all Spiritual First Aid courses, it's designed to be easy to facilitate—thanks to our hassle-free curriculum and ready-to-use resources. All you need to do is click through the slides to guide participants through videos and activities.

HOW WE CAN REVERSE THE MENTAL HEALTH CRISIS TOGETHER

WHAT OTHERS ARE SAYING

"Spiritual First Aid for mental health surpassed my training over my 42-year higher education career."



BARBARA MALONE, TEXOMA COMMUNITY FOUNDATION BOARD MEMBER, MS, LPC-S



MICHELLE LEMMING, CEO & PRESIDENT, TEXOMA COMMUNITY FOUNDATION

"Thank you to the Spiritual First Aid team for traveling to Texoma to help us create a culture of mental wellbeing where we can talk about mental health and stubstance use, know how to recognize signs in ourselves and others, understand when and how to find help - as well as build workplaces where mental health advocates and professionals are "filled-up" and retained."

TURN YOUR COMPASSION INTO CARE

"For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'" (Galatians 5:14)

CARE EFFECTIVELY FOR OTHERS

You don't have to be a professional helper or have much experience to make a difference.

With Spiritual First Aid, you can provide critical "in-between" care that bridges the gap between those needing help and professional assistance.

Care for all ages, for everything from mild stress to mass trauma.

Providing support in this way helps people positively engage their faith, feel more connected, cultivate healthy coping practices, and improve access to services.

We'll give you a plan for leveraging your strengths, research-backed skills, and practical tools to unlock your potential as a helper.

Plus, you'll have the skills and actionable tools you can put to use right away to make a positive impact.

"Thank you for this easy-to-use, simple method. We are training all of our Samaritan Purse Member Care support team in SFA. It will be used around the globe in disaster responses and in our international field offices."

KAYE M., SAMARITAN'S PURSE

WHAT YOU'LL GAIN

- **Impact** - You'll have the practical knowledge, skills, and tools to be there when others need you most.
- **Clarity** - Feel equipped to care for everyday mental health challenges, spiritual struggles, and trauma.
- **Confidence** - Learn a proven, trauma-informed, step-by-step helping framework.
- **Peace of Mind** - Know how to spot and address safety concerns.
- **Support** - Journey with Jamie and Kent as they share expert insights, powerful stories you won't forget, and even their mistakes.

HOW YOU'LL FEEL

- **Motivated** - Access downloadable, actionable tools you can use immediately to make a difference.
- **Encouraged** - Engage with scriptures, reflection questions, and exercises in the course workbook.
- **Inspired** - Continue growing from bonus materials we've carefully curated for you.
- **Relieved** - Find comfort in knowing you don't have to be perfect to make a difference.
- **Less Stressed** - Invest your time and energy into caring for others, instead of worrying about the care you've given.

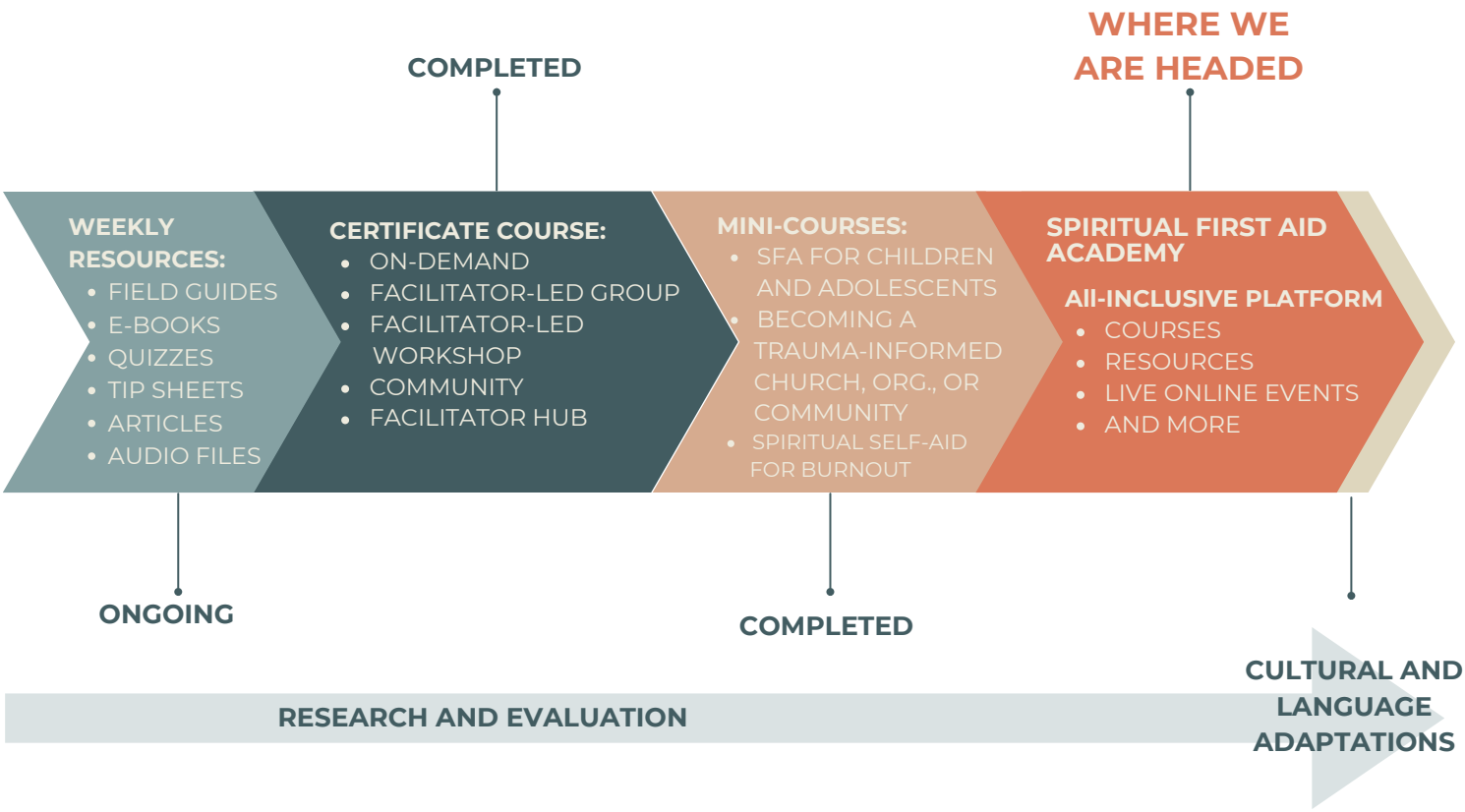
FREE RESOURCES TO HELP YOU KEEP GROWING

Join the community of over 52,000 mental health champions who subscribe to our newsletter.

Sign up at www.spiritualfirstaid.org/newsletter to get our e-newsletter, and we'll send a free practical resource to your inbox every Monday.



INNOVATIONS IN PROGRESS TO STRENGTHEN YOUR IMPACT



"The course has been hugely helpful in my role as a hospital and community chaplain. I really appreciate the course being available online at a reasonable cost. THANK YOU to everyone who contributed!"

HOPE B., CHAPLAIN, ANGLICARE SOUTHERN QUEENSLAND, AUSTRALIA

HOW OTHERS ARE USING SPIRITUAL FIRST AID

PASTORS

"It is very practical! I love that this can be applied across the street or around the world." - Bill G., Pastor, Lookout Church of the Nazarene

CHAPLAINS

"This was wonderful and was in line with what I do as a chaplain. It was very impactful to role-play scenarios, I've taken lots of other helping courses and we never got a chance to practice what we learned like we did in this course." - AdventHealth Systems Chaplain

PARENTS

"My son has been struggling with OCD, anxiety, and depression for more than 13 years. I've been researching everywhere for help. That's why I am taking the resources I can get in order to help him, help me, and help others. It helped me to understand that I can't do more, but I do what I can. It makes me eager to look for more and to apply what I have learned. What I liked most were the easy and helpful steps to help someone with trauma. I will use it every time God puts me in the spot to do it." - Grateful Parent

TEACHERS

"I wish I had had these tools earlier in my three decades of teaching! We had so much trauma—from hurricanes and floods to gang violence and death. I would have been better equipped to help my students and colleagues during those difficult times. I feel calmer knowing that I am better equipped to help." - Elizabeth B., Retired Teacher

YOUTH MINISTRY LEADERS

"This was a great course! Spiritual First Aid taught me how to set boundaries, learning that I can't help every need. It has shown me that it's ok to set boundaries and also that we can't solve all problems and that we need to find the most pressing needs first. It has given me a more positive outlook and ways to better help others. I loved how it breaks down what others need help most with through the BLESS Needs; it helps to better identify those most pressing needs!"
- Heather W., First Church of the Nazarene/West Ironton Nazarene, Teen Leader

NONPROFITS

"Practicing God's presence daily with the refugees is one of the greatest gifts given. Just being a port amid their storm that is fueled by the confidence of walking through personal traumas is such a blessing. Mirroring God's Shalom is such an honor. Keeping my 70 volunteers on task through His power is another honor. Could not do it without all of them. The course also reminded me of previous good coping mechanisms and validated the frequent use of them to avoid any burnout or compassion fatigue. I have a protocol/structure to follow as I interact with friends and new friends. I listen with purpose and respect. As an adult health care educator, much of this course was a good review that I really needed after stepping into 'retirement.' The course re-energized my passions and facilitated my skills. Many thanks. To God be the glory! If you are wondering how to help your friends or other acquaintances who have experienced various traumas, take this course. You will not be disappointed in the skills you take away." - Linda M., Director of Repeat Boutique Center

VOLUNTEERS

"I had completed Mental Health First Aid training, but it didn't provide any guidance on how to address spiritual matters. The Spiritual First Aid course serves as a reminder of a God that cares. Take the course; we are called to help others, and along the way, this course will help you."
- Tom H., Volunteer

HOMELESS MINISTRIES

"Spiritual First Aid is an evidence-based practice that all our staff is trained in. We have seen many lives begin their healing and transformation due to the principles of this program." - Justin B., Keystone Mission

DISASTER AND HUMANITARIAN ORGANIZATIONS

"It reminded me that the best way I can be of help is to check in with myself first before applying the BLESS CPR [method] and the importance of referring helpees for cases concerning safety to professional practitioners. This course is very user-friendly; you don't need to worry. You can accomplish it without strain. I enjoyed the humility of the instructors in their presentation of the materials." - Sylvia A., Food for the Hungry

COMMUNITY DEVELOPMENT LEADERS

"Excellent and appreciated the inclusion of scriptures—while at the same time teaching what you did about across faith relationships and interactions. Two thumbs up for this SFA course! Thank you!" - David S., Community Development Worker/Regional Leader, CAMA

GLOBAL MINISTRIES

"This course was extremely practical, and I am finding I am already able to apply much of what the course gave us. I praise God for the work that has gone into making it possible to share."
- Carol R., Member Care Facilitator

MENTAL HEALTH PROFESSIONALS

"*Every part of this course was well organized and kept my attention. What I learned will be very useful to me as a Bishop, educator, and mental health professional. This has been a great learning journey."* - Karen D., NuVision Consultants

HEALTHCARE PROFESSIONALS

"All of the material was relevant for me. As an elder in my church, and an occupational therapist in the memory care community, I'm going to use this in all of my occupations! I appreciate all of the additional videos and handouts." - Shari Y., Healthcare Worker, EmpowerMe Wellness

WHAT OTHERS ARE SAYING

"This was a wonderful experience and I am already beginning to work on ways to help bring people together to form a group to walk through this training. Over the course of my education and vocation, I have heard many ideas on how to help people, but I was overwhelmed with what I needed to do and how I could effectively help others.

Spiritual First Aid (SFA) helped me to gain a healthy understanding of my role and simple, tangible ways to help those I am seeking to minister to. SFA helped me to no longer worry about myself in the initial conversation with people. Rather, I learned to be present and to listen deeply before trying to help.

I feel confident in having a language and process for helping assess and serve the people in my life who need help. The course was very easy, accessible, and engaging. I liked that the videos were clear and helpful, along with the workbook and field guide. I used this course as a well to make me a better pastor. You will learn and grow so much and it really will help you be a better caregiver and a care-receiver."

JUSTIN F., DISCIPLESHIP PASTOR, LEGACY CHURCH

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