

BIBLICALLY-INFORMED | EVIDENCE-INFORMED | TRAUMA-INFORMED



SPIRITUAL FIRST AID™

COURSE OVERVIEW

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

TABLE OF CONTENTS

[SPIRITUALFIRSTAID.ORG](https://spiritualfirstaid.org)

- 01** WELCOME FROM OUR CO-FOUNDERS
- 05** WE ARE IN A MENTAL HEALTH CRISIS
- 06** HOW YOU CAN HELP WITH SPIRITUAL FIRST AID
- 07** BACKED BY RESEARCH
- 10** TRANSFORM THE WAY YOU CARE
- 25** TOGETHER, WE CAN REVERSE THE MENTAL HEALTH CRISIS
- 27** HOW OTHERS ARE USING SPIRITUAL FIRST AID
- 30** GET STARTED MAKING A DIFFERENCE

WELCOME FROM OUR CO-FOUNDERS

You're the type of person others turn to for help, but you may worry you're not making a difference.

This is where your story and our story overlap. We've been there, too.

That's why we created Spiritual First Aid—so you can become the helper others need you to be and have peace of mind as you serve.

In the pages that follow, we share our vision for how you can join us in Spiritual First Aid's mission to reverse the mental health crisis!



JAMIE ATEN, PH.D.
TRAUMA
PSYCHOLOGIST



KENT ANNAN, M.DIV.
HUMANITARIAN
MINISTRY LEADER

HOW SPIRITUAL FIRST AID WAS DEVELOPED



30 YEARS
OF FRONTLINE
MINISTRY
SERVICE

+



24 YEARS
OF PROFESSIONAL
MENTAL HEALTH
EXPERIENCE

+



15 YEARS
OF RESEARCH

+



5 YEARS
OF FIELD TESTING

=



**SPIRITUAL
FIRST AID**

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



The New York Times

Psychology Today





“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., OUTREACH PASTOR, BLOOMINGDALE CHURCH

WE ARE IN A MENTAL HEALTH CRISIS

"Do not fear, for I have redeemed you; I have summoned you by name; you are mine." (Isaiah 43:1)

WHAT'S AT STAKE

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

- Not know what to say.
- Not know what to do.
- Miss emotional struggles.

More people need care than there are professional helpers available.

- 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. **There's a better, easier, proven way to care.**

HOW YOU CAN HELP WITH SPIRITUAL FIRST AID

"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)

BECOMING THE HELPER OTHERS NEED YOU TO BE HAS NEVER BEEN EASIER

Spiritual First Aid is the course transforming everyday people on the frontlines of the mental health crisis into spiritual first responders and mental health champions.

We created Spiritual First Aid so anyone with a desire to help can, regardless of education, training, or profession.

Spiritual First Aid's BLESS CPR step-by-step framework and all-inclusive turnkey curriculum take the guesswork out of helping. Finish the course in just six to nine hours.

PEER-TO-PEER CARE SIMPLIFIED

The Spiritual First Aid Certificate Course teaches frontline peer-to-peer spiritual and emotional care and trauma-informed best practices.

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:

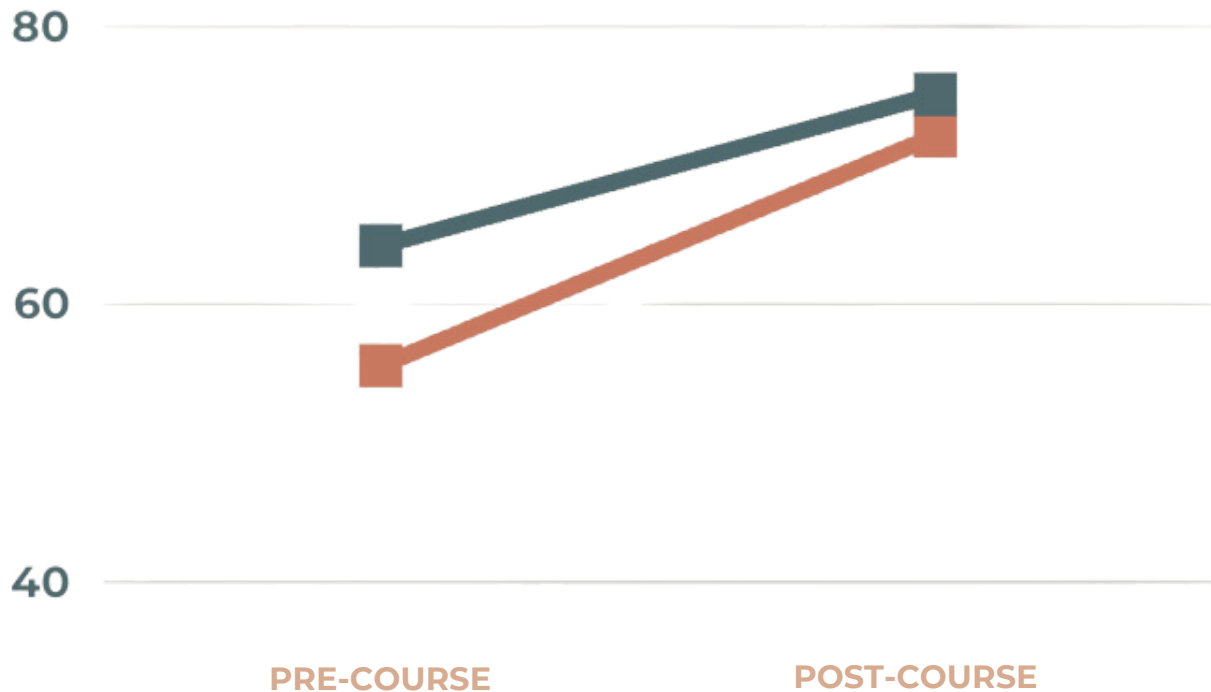
- 15 years of research
- 50 empirical studies
- 150 scholarly publications

Research shows the course improves helpers' recognition of and responses to unmet needs, traumas, and safety issues.

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.”

TRANSFORM THE WAY YOU CARE: YOUR 3-STEP PLAN

1

CHOOSE COURSE FORMAT

On-demand, facilitator-led group, and workshop options.

2

GET CERTIFIED

Enroll in a course to grow your helping abilities and earn your certification.

3

START MAKING A DIFFERENCE

Be ready to help when others need you most.

1

CHOOSE COURSE FORMAT

ONE CURRICULUM, THREE COURSE OPTIONS

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.

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.



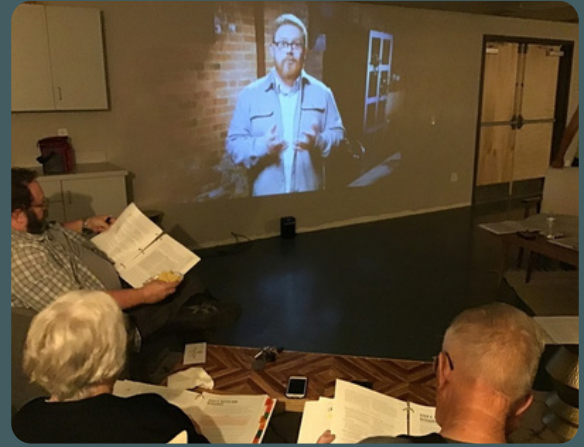
GROUP COURSE

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.

BRAND NEW

FACILITATOR-LED WORKSHOP COURSE

Step up your facilitation experience by leading a full 1 or 2 day course workshop.

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.

- Ideal for large groups and organizations
- Facilitator-led
- Meet in-person, virtually, or in a hybrid format
- Complete in just 1-2 days



BECOME A WORKSHOP FACILITATOR

Once certified in Spiritual First Aid, you can apply to facilitate a 1 or 2 day workshop.

Course facilitators are volunteers who help bring the Spiritual First Aid Certificate Course to life for groups, and receive a 2 hour required facilitation training.

Gain access to free resources to help recruit, launch, and facilitate the workshop.

TRAINER-LED WORKSHOP COURSE



A one-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 national trainers
- Complete in just one day

IMPROVES HELPER CONFIDENCE

When comparing pre-workshop and post-workshop scores, participants report a 16% increase (on average) in their confidence to recognize and respond to spiritual and emotional struggles, as well as trauma.



SPIRITUAL FIRST AID COMMUNITY EDITION

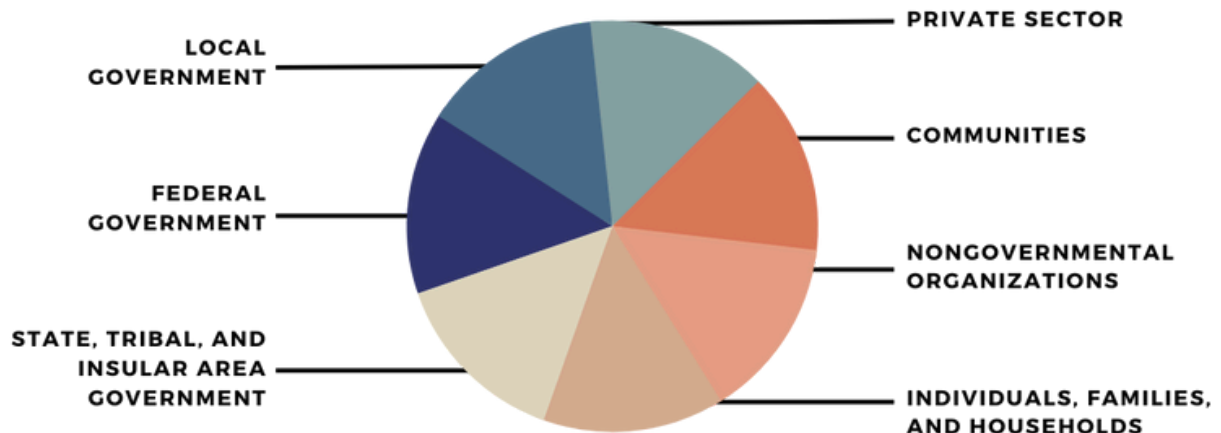
Do you have outreach initiatives serving a diverse community?

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 *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.





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

“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.”

2

GET CERTIFIED

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."

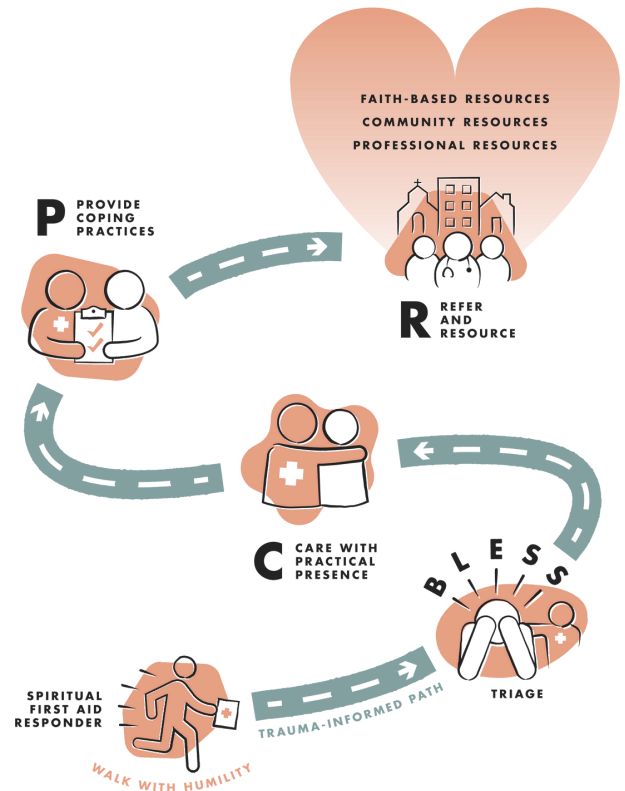
JILL B., MENTAL HEALTH PROFESSIONAL

BLESS CPR FRAMEWORK

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, INC.

COURSE SESSIONS



1. Spiritual First Aid Basics



2. BLESS Triage



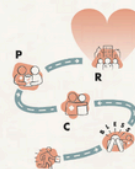
3. Care with Practical Presence



4. Provide Coping Practices



5. Refer and Resource



6. Helping Lab

OPTIONAL BONUS SESSIONS



HELPING CHILDREN AND ADOLESCENTS



HELPER SELF-AID
(HOW TO PREVENT BURNOUT)



BECOMING A TRAUMA-
INFORMED CHURCH, ORGANIZATION,
OR COMMUNITY

WHAT'S INCLUDED

What's Included	Digital Resources
9 on-demand training videos	✓
Welcome guide	✓
Field guide	✓
Workbook	✓
Self-assessments	✓
Helping roleplays and scenarios	✓
20+ actionable tools and protocols	✓
Overview of supporting research	✓

“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



“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.”

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

START MAKING A DIFFERENCE HELP FIGHT THE MENTAL HEALTH CRISIS

"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.

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.

“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

TOGETHER WE CAN REVERSE THE MENTAL HEALTH CRISIS

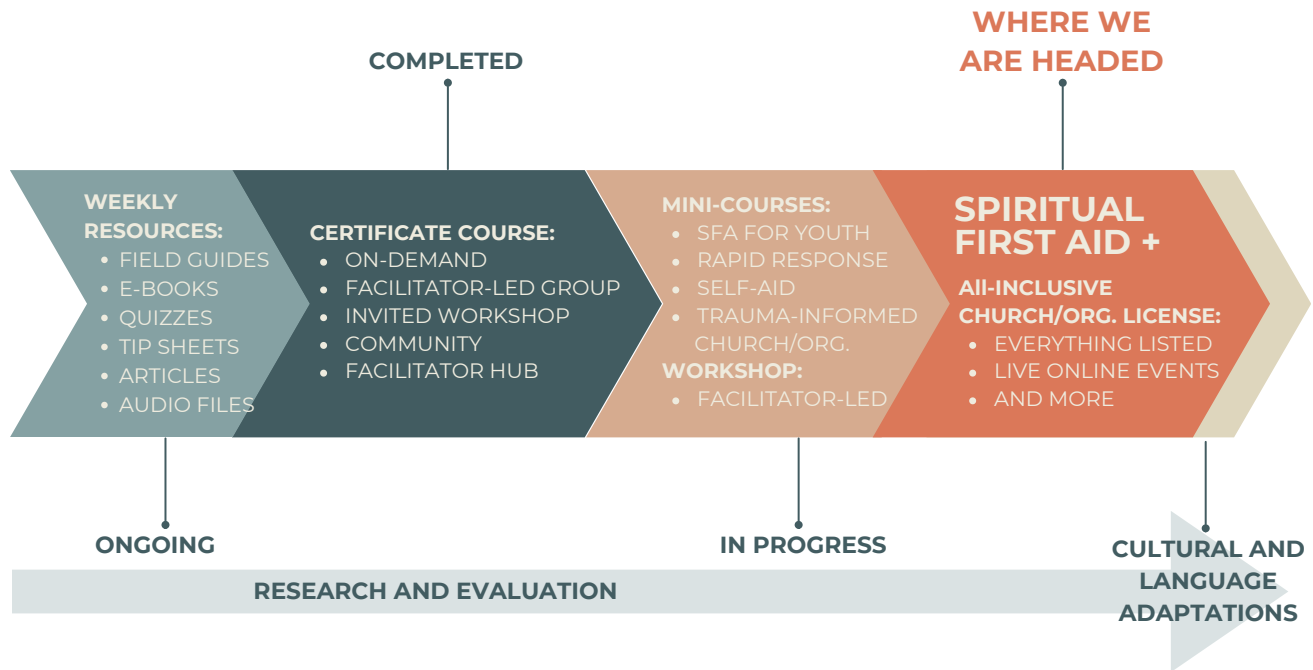
HOW WE'RE WORKING TO HELP YOU KEEP GROWING

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.

Join the community of over 43,000 mental health champions who subscribe to our newsletter.



INOVATIVE SOLUTIONS UNDER DEVELOPMENT



“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

GET STARTED MAKING A DIFFERENCE TODAY

VISIT [SPIRITUALFIRSTAID.ORG](https://spiritualfirstaid.org) TO LEARN MORE



COMPLETE THE COURSE TO GET CERTIFIED AND START HELPING



ONCE CERTIFIED, VOLUNTEER TO FACILITATE A GROUP COURSE



BOOK A WORKSHOP FOR YOUR CHURCH, ORG., OR COMMUNITY



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