



PREPARED is a workshop that trains participants to respond to immediate, short-term, and even long-term mental distress in emergency and non-emergency situations from an authentically Catholic perspective.

As a Campus Minister, it isn't a matter of *if you will be asked* to accompany someone in distress, *it is a matter of when*. Instead of feeling overwhelmed, inadequate, or incapable of responding to mental distress, through this workshop, you will feel confident and prepared to meet suffering souls where they are and help them find the healing God yearns to give.

What will the Workshop Cover?

The workshop is a deep exploration of human relationships and how those relationships profoundly influence mental, emotional, and spiritual health. At the highest level, the content within the workshop covers:

1. How the **relationships** we engage in can be **healing** in various contexts, as we are all made, wounded, and healed through relationships
2. How the Mystery of the Trinity is the **key** to unlocking our greatest mental and spiritual health and holiness and how this **Catholic secret** unlocks so many of the challenges the secular world cannot figure out on its own
3. How our destiny for Heaven gives **practical** direction to everything we do in this world, even for people who don't know they are created for Heaven.
4. How we can believe in **both** Transcendent Truth **and** validate each person's individual experience of truth, without having to sacrifice one for the other.
5. How the forgotten **philosophy of the great St. John Paul 2** helps us make sense of how our spirituality is related to our psychology
6. How to appropriately connect, assess, and respond to a multitude of mental distress experiences
7. The difference between emergency and non-emergency situations, and how each requires a different response

8. How to know your boundaries; what you are responsible for and what you are not responsible for
9. The proper understanding of and best practices for self-care
10. How the current crisis of mental distress presents an opportunity to become healthier and happier

What Skills Will I Develop?

- Boundaries
- Active listening
- Empathy
- Anxiety regulation
- Self-Care
- Honoring resistance
- Collaboration
- Emotional expression
- Identification of mental distress
- How to connect, assess, and respond to emergency and non-emergency mental distress until help arrives

What Will I Take Away From the Workshop?

- 1) Confidence to support students in the lead up to professional support
- 2) Awareness of what is and isn't your responsibility
- 3) The Skills to intervene before something escalates to an emergency
- 4) The ability to respond to questions from a Catholic Anthropological perspective

Rough Schedule (subject to change)

Day 1

8:00 Introduction

8:15 Hidden Catholic Foundations to Accompaniment

9:00 Part 1: General Principles for Responses to Emergency Experiences of Mental Distress

10:00 Part 2: Responses to Specific Emergencies of Mental Distress

11:45 Break, Get ready for working lunch

12:00 Q&A during working lunch

12:30 Small Group Practice of Emergency Responses

1:30 Small Group Discussion

2:00 Check In and Review

2:30 Anthropology: Simon of Cyrene

3:00 Part 3: General Principles of Responses to Non-Emergency Experiences of Mental Distress

5:00 Small Group Discussion/Questions

6:00 End Day 1

Day 2

8:00 Check In, Review

8:15 Part 4: Responses to Specific Non-Emergent Experiences of Mental Distress

10:30 Review, Questions

11:00 Practice Non-Emergency Responses

1:00 Wrap Up Questions and Answers

2:00 End Day 2