

MHFR Training Syllabus

Training Overview:

This comprehensive syllabus outlines the **MHFR Training** curriculum, designed to equip individuals with essential mental health skills for effective crisis intervention and support.

Section 1: Introduction

- **Mental Health Essentials:**

- Sleep
- Diet
- Exercise
- Community
- Purpose

- **Mental Illness Explained:**

Overview of common DSM-5 mental illnesses including:

- Symptoms
- Diagnostic criteria
- Treatment options

- **The Role of the Mental Health Professional:**

- Types of mental health professionals
- Appropriate selection and vetting processes
- Accessing reliable resources

Section 2: E.A.G.E.R. Framework

Engage: Initiating Meaningful Conversations

- Preparation & Mindset
- Timing & Approach
- Opening Techniques
- Common Fears & Barriers

Active Listening: The Core Skill

- The Science & 7 Pillars of Active Listening
- Verbal and Non Verbal Techniques
- CUPSMACK Acronym (with practical use cases):
 - **C:** Clarify (Targeted questions for mutual understanding)
 - **U:** Understand (Adopt their perspective)
 - **P:** Paraphrase (Restating for comprehension)
 - **S:** Summarize (Consolidate key points)
 - **M:** Mirror (Reflect emotional content)
 - **A:** Ask Open-Ended Questions (Expand conversation)
 - **C:** Convey Empathy (Create emotional connections)
 - **K:** Keep Silent (Productive pauses)

Give Support: Essential Principles & Techniques

- Four Core Principles:
 - Maintain Normalcy & Inclusion
 - Establish Healthy Boundaries
 - Frame Realistic Expectations

- Provide Authentic Hope
- Cognitive Behavioral Therapy (CBT):
 - Introduction to CBT
 - CBT Exercises
 - Case Studies & Practical Applications
- Connecting to Resources:
 - Identifying appropriate resources
 - Effective follow-up techniques
- Meaningful Follow-up
 - How and when to follow up appropriately

Empower

- Empowerment vs. Enablement
- S.O.L.V.E. Framework: (Navigating Problem-Solving)
 - **S:** Situation (Clearly define challenges)
 - **O:** Options (Brainstorm solutions)
 - **L:** Listen (Deep listening vs active listening)
 - **V:** Voice (Select and articulate approach)
 - **E:** Evaluate (Review outcomes and learn)
- Motivational Interviewing (MI):
 - Core Principles:
 - Partnership
 - Acceptance

- Compassion
- Evocation (Uncover existing motivation)
- MI Techniques
 - O.A.R.S.:
 - **O:** Open-Ended Questions
 - **A:** Affirmations
 - **R:** Reflective Listening
 - **S:** Summaries
 - DARN-C Model: (Facilitating Self-Persuasion)
 - Desire
 - Ability
 - Reasons
 - Need
 - Commitment

Refer to Professionals & Suicide Prevention:

- Referral Strategies:
 - Recognizing when professional intervention is necessary
 - Effective referral process
- Suicide Prevention:
 - Myths
 - Warning Signs
 - When and How to Act
 - Reducing the Stigma

Section 3: Tactical Training

Applying Principles to Real-Life Scenarios:

This hands-on, tactical segment uses contextually specific case studies and detailed guidelines for situations including:

- Anxiety
- Workplace Bullying & Harassment
- Caregiving Challenges (Sick & Aging Family Members)
- Chronic Illness or Injury
- Death of a Loved One
- Depression
- Divorce
- Financial Crisis
- Job Stress & Burnout
- Natural Disasters
- Parenting Challenges
- Abuse (Physical & Verbal)
- Substance Abuse
- Trauma (PTSD)