

Stop the Bleed ®

1-2 Hours

This life-saving course teaches three techniques. 1) How to use your hands to apply pressure. 2) How to pack a wound to control bleeding. 3) How to correctly apply a tourniquet.

Psychological First Aid (PFA)

6 Hours

Psychological First Aid is the "acute intervention of choice" when responding to the psychosocial needs of children, adults, and families affected by disaster and terrorism. Developed by the National Child Traumatic Stress Network and the National Center for PTSD, Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

Immediate Responder

3 Hours

A unique life-saving course that teaches individuals key actions they can take to help save a life before first responders arrive at the scene of an accident or mass-casualty disaster. Training includes how to stop traumatic bleeding and how to render focused psychological first aid immediately after physical and/or mental trauma occurs.

Experiential PFA

2 Hours

This program is an application of PFA, therefore, prior training in Psychological First Aid is a prerequisite. Experiential PFA provides participants with experience, competencies, and confidence to provide PFA in the immediate aftermath of a disaster. Case studies allow participants to apply the Core Actions of PFA to survivors.

Until Help Arrives

1 Hour

You are the help Until Help Arrives teaches individuals key actions people can take to help save a life before first responders arrive at the scene of an accident or injury.

(This training is often paired with Stop the Bleed ®.)

Skills for Psychological Recovery

4-6 Hours

Skills for Psychological Recovery (SPR) is an evidence-informed modular approach to help children, adolescents, adults, and families in the weeks and months after an exposure to a crisis, disasters or terrorism event, after the period where Psychological First Aid is utilized. Intended for delivery by mental health or other disaster workers as part of an organized disaster response effort. Psychological First Aid is a pre-requisite training for this training.

Communicating with Cultural Humility: A Simulation

This course equips participants with essential skills for compassionate and effective communication with individuals from diverse backgrounds. Through interactive simulations and video demonstrations, participants will learn to recognize implicit biases, practice cultural humility, and develop active listening skills crucial for disaster response scenarios. The course emphasizes the importance of asking thoughtful questions and providing empathetic responses, culminating in a detailed analysis of recorded interactions and a comprehensive debrief discussion to solidify key takeaways.

Building Emotional Resilience

OKCMRC SRT 2025-2026 Course Offerings



Stress First Aid (SFA)

2-4 Hours

Stress First Aid (SFA) is a self-care and peer support model developed for those in high-risk occupations. SFA is meant to be used by anyone who is in an ongoing particularly stressful situation. Stress First Aid is based on a set of five evidence-based elements that have been linked to better functioning after stress and adversity across many settings.

Mental Health Awareness

2 Hours

Mental Health Awareness provides the most current information on the prevalence and types of mental health disorders being experienced today. The focus is on awareness of the issues and providing appropriate and empathetic responses.

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De-escalation

2 Hours

De-escalation provides straightforward strategies to assist frontline public health, mental health, and healthcare professionals when interacting with angry individuals. Emphasis is placed on controlling one's response to anger, recognizing situations in which people may escalate quickly, strategies to de-escalate angry people, and safety principles. Participants will work through real-life scenarios to develop de-escalation approaches.

Experiential PFA

2 Hours

This program is an application of PFA, therefore, prior training in Psychological First Aid is a prerequisite. Experiential PFA provides participants with experience, competencies, and confidence to provide PFA in the immediate aftermath of a disaster. Case studies allow participants to apply the Core Actions of PFA to survivors.

Suicide Awareness

1 Hour

Suicide Awareness provides education on how to recognize the signs of suicide. The focus is on learning how to ask about suicide and how to obtain help for individuals who have suicidal thoughts. In addition, Suicide Awareness provides current information on the prevalence of suicide in Oklahoma and available resources. Usually presented concurrently with Mental Health Awareness.

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Taking a Trauma-Informed Approach with People 2 Hours

This presentation describes the different types of traumas people experience, the incidence of trauma in various populations and the effects of trauma on people. It identifies the characteristics and key principles of a trauma-informed approach. It explains trauma-informed care and Universal Expectations as strategies to resist re-traumatization. It also discusses how providers can mitigate vicarious trauma.

Responding to Crisis in Children & Teens 2 Hours

This presentation describes the scope of the crisis problem in this age group and how to identify signs of crisis. The presentation discusses the impact of adverse childhood experiences and positive childhood events on children's physical and social health and concludes with appropriate resources to assist children and teens in crisis.

Reboot & Providing CAARE: Recharging & Restarting after Disaster 1- 3 Hours

CAARE is a self-administered process connected to a menu of skills and techniques designed to increase a person's self-efficacy for maintaining emotional and behavioral resilience and connection to family, friends, and community. Originally developed for stressed healthcare/public health/behavioral health caregivers.