

Resilience Resources: Online Trainings/Courses

- [Field Guide for Barefoot Psychology](#) by Beyond Conflict

The *Field Guide for Barefoot Psychology* is an educational and self-care tool written for forcibly displaced adults and those working with them. Grounded in the belief that science is a right and self-awareness is an asset, the Guide unpacks the biological and psychological processes associated with the experience of forced displacement, including issues such as fear, anxiety, stress, trauma, guilt, shame, and hopelessness. It also specifically explores positive assets for cultivating resilience, including the science of neuroplasticity, belonging, and post-traumatic growth.

- [Freedom Qigong](#) hosted by David Burch

An online course with daily follow-along videos that teach beginners simple techniques to combat stress and help the body heal. Currently includes courses on qigong, tai chi, and parking lot meditation.

- [The Resilience Toolkit](#) from Lumos Transforms

The Resilience Toolkit is a system for reducing stress and growing resilience in individuals, organizations, and communities so they can envision, create, and implement positive change. Presented in a trauma-informed framework, The Resilience Toolkit identifies your symptoms of stress and empowers you to respond effectively so you can feel calmer and more resilient. It can be done virtually in group or individual formats.

- [SE Crisis and Stabilization Toolkit](#) from Somatic Experiencing

The SE Crisis Stabilization toolkit is designed for times of crisis. These simple interventions help to stabilize the stress response and create a sense of safety to build needed resilience of frontline workers and first responders to complete the job and get through the crisis. They can be a resource to anyone in times of immediate distress and crisis, or anytime one requires an increased sense of ease and relief in the mind and body. SCOPE is the handy use tool that can go with you anywhere, anytime, reminding you of some basic inventions to interrupt the stress, that you can do in less than 5 minutes.

- [Resource Guide for Coping with Secondary Trauma](#) from Social Work License Map

A compilation of resource guides and online toolkits for recognizing second hand trauma and mitigating its effects.

- **Psychological First Aid from Johns Hopkins University**

Learn to provide psychological first aid to yourself and other people in an emergency by employing the RAPID model: Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition. Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition), this specialized course provides perspectives on injuries and trauma that are beyond those physical in nature. The RAPID model is readily applicable to public health settings, the workplace, the military, faith-based organizations, mass disaster venues, and even the demands of more commonplace critical events. In addition, the RAPID model has been found effective in promoting personal and community resilience. Participants will increase their abilities to: Discuss key concepts related to PFA; Listen reflectively; Differentiate benign, non-incapacitating psychological/ behavioral crisis reactions from more severe, potentially incapacitating, crisis reactions; Prioritize (triage) psychological/ behavioral crisis reactions; Mitigate acute distress and dysfunction, as appropriate; Recognize when to facilitate access to further mental health support; and Practice self-care.