COVID-19 SPIRITUAL FIRST AID:
Faithful Preparedness, not Fearful Panic

BLESS Method: Meeting Core Needs

ABOUT: Spiritual First Aid (SFA)
Spiritual First Aid (SFA) is an evidence-informed, peer-to-peer, disaster spiritual and emotional care intervention. SFA was developed to take the “guess work” out of providing disaster spiritual and emotional care by turning research findings into practical helping methods. Each of the principles and practices below are based on scientific research and spiritual insights.

GOALS: identify and respond to unmet core needs
The goal of SFA is to reduce distress by identifying and responding to unmet core needs (Belonging, Livelihood, Emotional, Spiritual, and Safety needs) that are caused or heightened by COVID-19.

BLESS METHOD: match needs with interventions
SFA helps by using the BLESS Method. The BLESS Method is designed to help spiritual care providers identify peoples’ needs and then match them with appropriate interventions. BLESS is an acronym that is easy to remember and intended to assist helpers in remembering what and how to help.

IMPLEMENTATION: observe, prioritize needs, provide support
First, assess core needs through observations (i.e., “What to Observe”) and open questions (i.e., “What to Ask”). Second, work with the person you are helping to prioritize the person’s most pressing needs. Third, provide practical and tangible support using spiritually oriented interventions (“What to Do”). Keep in mind that because of the nature of helping in a disaster zone, you may only have the time or opportunity to address a single unmet core need. If circumstances permit, it may be possible to address multiple unmet needs in one interaction or over multiple interactions.

HELPING PROCESSING

HELP WITH HUMILITY
BE ATTENTIVE AND LISTEN
UTILIZE BLESS METHOD
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**BLESS Method:** Meeting Core Needs

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