

Stress First Aid

Train the Trainer



MON-TUE / NOV 2-3, 2026 / DENVER

REGISTER HERE: [Stress First Aid – Colorado District Attorneys' Council](#)

Stress First Aid is a peer support and self-care model for people whose work is stressful. It creates a shared language for discussing how colleagues are doing and identifies practical actions for when someone is not doing well. It is built on protective elements identified by expert consensus for adverse events and situations of ongoing threat, and adapted since for military, fire and rescue, public safety, probation, rail, and healthcare. The stress continuum down this page's edge creates a vocabulary that makes the full range of stress reactions easier to understand and discuss.

THE SEVEN ACTIONS

CONTINUOUS	Check Assess how someone is doing, then reassess.	Coordinate Inform the right people; refer on as needed.	
PRIMARY	Cover Get to safety and stay safe.	Calm Reduce physical and emotional arousal.	
SECONDARY	Connect Restore social support.	Competence Rebuild self-efficacy.	Confidence Restore self-esteem and hope.

THE TWO DAYS 9:00–5:00 BOTH DAYS · LUNCH 12:00–1:00

DAY ONE · MON NOV 2

8:00	Registration
9:00	Introductions, background, discussion
11:00	Check and Coordinate
1:00	Cover and Calm
2:15	Connect and Competence
3:15	Confidence , then prep for the trainer tag, adjourn 5pm

DAY TWO · TUE NOV 3

8:00	Prep for the Trainer Tag
8:30	Trainer Tag — teach-back practice
1:00	SFA variations and implementation
2:45	Next steps, adjourn 4pm

WHAT YOU LEAVE WITH

- Identify common stress reactions
- Learn and practice the SFA core actions
- Understand why SFA fits adverse work contexts
- Present the principles of SFA to your own agency

FACILITATORS

Patricia Watson, PhD

National Center for PTSD; co-author of Stress First Aid

Douglas W. Walker, PhD

Mercy Family Center, New Orleans, SFA master trainer

WHEN

Monday–Tuesday, November 2–3, 2026

9:00 a.m. – 5:00 p.m. both days · registration opens 8:30 Monday · **CLE**

CREDITS

WHERE

3600 S. Yosemite Street, 2nd Floor

Denver, CO 80237

QUESTIONS

Kaitlin Meyers

Colorado District Attorneys' Council
3600 S. Yosemite Street, Suite 200
Denver, CO 80237

(303) 830-9115

kaitlin@cdac.state.co.us