



# Peer Support Training

## For anyone interested in Peer Support

- Led by Peer Support training facilitators -

Completed over 6 weeks

### What is Peer Support?

Peer Support is a way of thinking about purposeful relationships. It is a process where both people, (or a group of people) use the relationship to look at things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things. It is really about building stronger, healthier communities.



Peer Support:

- Is about intentional, purposeful relationships that assist us step outside our current story.
- Encourages us to understand and re-evaluate how and why each of us has learned to make sense of our experiences, and then use the relationship to create new ways of seeing, thinking and doing. Doesn't start with the assumption of 'a problem'.
- Focuses on developing two-way relationships that enable both parties to learn and grow, rather than a 'helper' needing to 'help' another. We are all 'experts' on ourselves. Sees each other as people first, rather than through the lens of an illness based on psychiatric models or diagnosis
- Creates relationships that are tools for looking at how we've learned to operate in the world. Where we can explore our own interpersonal patterns and we can support and challenge each other to try new ways of thinking.
- Promotes a 'trauma-informed' way of relating so instead of focusing on 'what's wrong?' we ask 'what happened?'
- Encourages us to move towards what and where we want to be rather than focusing on what we need to stop or avoid doing.

## Topics covered include:

What is unique about Peer Support?  
Learning vs. helping  
Thinking beyond the individual to the relational  
The power of language  
Listening differently  
Mutual responsibility  
Shared risk  
The impact of trauma  
Relationship patterns  
Boundaries & ethical decision making  
Issues of power and privilege  
Conflict dynamics and resolution  
Challenging situations and conversations,  
(eg. suicide, self-harm, different reality)  
Co-supervision



## Feedback from previous participants

*"It has given me the skills I need to be able to talk honestly about my life to others and to be able to listen to others."*

*"It's given me the courage to have fierce conversations with my peers even when it's been difficult."*

For more information, to discuss costs or to register for our next training contact

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