

Intentional Peer Support Training

Shery Mead and Associates

www.mentalhealthpeers.com

Location:

Portland, Oregon,
(Venue to be decided)

Dates:

Monday June 28, 2010
To

Friday July 2, 2010

Cost:

\$925

Earlybird Registrations
(before May 15)
\$875

Registrations Close May 29

**For Registration and further
Inquiries:**

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What is Intentional peer support?

Intentional 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. IPS has been used in crisis respite (alternatives to psychiatric hospitalization), by peers, mental health professionals, families, friends and community-based organizations.

- IPS is different from traditional service relationships because :
- It doesn't start with the assumption of "a problem." Instead people are taught to listen for 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.
- IPS promotes a 'trauma-informed' way of relating- instead of asking 'what's wrong' we think about 'what happened'?
- IPS looks beyond the notion of individuals needing to change and examines our lives in the context of our relationships and communities.
- Peer Support relationships are viewed as partnerships that enable both parties to learn and grow- rather than as one person needing to 'help' another.
- Instead of a focus on what we need to stop or avoid doing, we are

What will the training cover?

Some areas covered:

Learning vs. helping

Thinking beyond the individual to the relational

The four tasks: (and what is unique about peer support)

1. Connection and disconnection
2. Worldview
3. Mutuality
4. Moving towards,

The power of language

Listening Differently

Mutual responsibility

Shared risk

The impact of trauma

Relationship patterns

Moving forwards in relationships

Boundaries and limits

Issues of power and privilege

Conflict dynamics and resolution

Challenging situations and conversations- e.g.

- * Suicide
- * Self-harm
- * When someone's reality is different from our own

Co-supervision

Values

Competencies

Venue to be decided

***Registration fee
includes lunch***

NB: This five-day training is a pre-requisite for the train-the-trainers IPS facilitators training
www.mentalhealthpeers.com

Intentional Peer Support Training Portland, Oregon, June 28- July 2, 2010 Registration Form

Please fill out one registration form for each participant.

Name:

Organization:

Address:

Phone:

Email:

Plan to arrive on Sunday afternoon June 27th, in order to begin at 9.30 am. Monday, June 28th
The training will finish at 3pm on Friday, June 2nd.

You will be notified as soon as a venue has been decided, and provided with a list of accommodation options

Registration fee:

Registration Fee – \$875 before March 15, \$925 before March 29.

Registration includes lunches each day

Registration Fee (amount) _____

Payable to: *Shery Mead Consulting , 302 Bean Road, Plainfield, NH 03781, USA*

Please contact Chris Hansen by email intentionalpeersupport@gmail.com or phone (603 4693577) if paying by check is not convenient

Registrations close March 29