

## Purposeful Peer Support Workshop



**Delivered over 8 weeks**

### **What is Purposeful Peer Support?**

Purposeful Peer Support is about women and men who have successfully overcome family violence and now leading fulfilling lives free from violence, gaining skills to support others (peers) in the community who are on a similar journey. The peer relationship offers a basis to explore personal journeys, look at things from new angles, offer mutual encouragement, and develop a greater awareness and understanding of one's self. It is an intentional transformational relationship that involves a deep connection inspiring hope, self-determination and empowerment through the knowledge that overcoming adversity is possible.

Our Purposeful Peer Support model has been informed by extensive research, literature reviews and the voice of people with lived experience of family violence. The training content is informed by the "Intentional Peer Support" model developed in the USA by Shery Mead. The model is relationship focused, trauma informed and used throughout the world by health and social services.

### **Purposeful Peer Support:**

- Is about intentional, purposeful relationships that assist us to explore, understand and re-evaluate how and why each of us has learned to make sense of our experiences, and then use the peer relationship to create new ways of seeing, thinking and doing.
- Is relationship focused so does not start with the assumption of "a problem that needs to be fixed"
- Is a two way reciprocal relationship that promotes personal and professional growth for both people
- Has no "experts or "helpers"; the relationship is founded on equality and mutuality
- Encourages moving towards what is wanted rather than focusing on what must stop or be avoided

## Content covered in the workshop:

- What is Purposeful Peer Support
- Developing self-awareness
- Understanding worldviews
- Stigma and discrimination
- The effects of trauma
- Self-care and wellbeing
- Mutual Relationships
- Connection
- Communication skills
- Power and privilege
- Challenging situations – safety risks, suicide, self-harm & different reality
- Boundaries & Limits
- Moving towards



## Criteria for Training:

- You personally identify as someone who has overcome family violence
- You are **not** currently in a violent or abusive relationship
- You are committed to personal development and have a willingness to learn
- You have a desire to offer what you have learned through your own personal experience of overcoming family violence to inspire hope in the lives of others
- You have sufficient time to attend the whole course and complete homework tasks. Graduation is not possible if the minimum session requirement cannot be met.
- You can read, understand and write English at a high school level

*Applicants are requested to fill out an expression of Interest form for the workshop and be available for a phone conversation to discuss your readiness for group work.*

\* This training programme is not currently available for organisations / agencies.

For more information, or to apply for our next training, contact:

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