



# Mental Health Victoria

Collaboration • Knowledge • Leadership

## Foundations in Peer Work Online

**Tuesdays: 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> FEB & 2<sup>nd</sup>, 9<sup>th</sup> MARCH, 2021**

**9:30am – 2pm**

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

### Audience

- Consumers or carer currently working as peer workers
- People whose organisations have identified them as prospective peer workers
- Students wanting to sample the Cert IV Mental Health Peer Work

### Aims

At completion of this course, students should be able to:

- Understand a range of frameworks and approaches applicable to peer work
- Understand the diversity of roles and skills required by a peer worker
- Explore consumer and carer preferences, values, needs and goals
- Work within international, national and state legislative frameworks including the Mental health Act 2014 and the National Mental Health Standards.
- Navigate the mental health system in order to facilitate access to resources, information and services.
- Have a thorough understanding of ethical decision making, boundaries, duty of care and dignity of risk and how these impact on consumers, workers and organisations.
- Use their lived experience in meaningful and purposeful ways.
- Manage risk in sharing stories
- Understand trauma, vicarious trauma, re-traumatisation and the importance of self-care
- Be able to plan, resource, facilitate and evaluate groups common to peer work.

### Outline

Workshop content will include:

- Day 1 – Approaches and frameworks of peer work practice
- Day 2 – Understanding the role of the peer worker
- Day 3 – Legal and ethical considerations
- Day 4 – Using lived experience effectively
- Day 5 – Developing and facilitating groups

### Further Information

#### Cost

**\$450** for all participants for this particular sessions as an introductory rate for the online version.

*All course materials are included.*

*Usually:*

*Full Fee Individuals \$895*

#### To Register

Please visit the Mental Health Victoria website [www.mhvic.org.au](http://www.mhvic.org.au) and register online.

#### Online Training – Zoom

This training will be delivered online via the Zoom Program. A link along with materials for the course will be emailed to the participants 1 day prior.

#### Customised In-house Training

Mental Health Victoria can customise any of our training and professional development programs to meet your specific organisational needs, and then deliver via an online platform.

**Facilitator**  
Lorelle Zemunik

Mental Health Victoria  
Level 2, 22 Home Street,  
Elsternwick, Vic 3185  
P: 03 9519 7000  
[www.mhvic.org.au](http://www.mhvic.org.au)  
[learning@mhvic.org.au](mailto:learning@mhvic.org.au)