



# Foundations of Peer Work

Thursday 7th, Friday 8th December and  
Monday 11th, Tuesday 12th, Wednesday 13th December 2017

Based on the content designed for the Certificate IV Mental Health Peer Work, this 5 day training course will introduce you to the fundamentals required to effectively work within an organisation as a peer worker. This course is an essential introduction for any consumers or carers who are, or who want to be peer workers.

## Course Outline

- 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

## Learning outcomes

At completion of this course, learners 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 the consumers, worker and organisation
- Use their lived experience in a meaningful and purposeful way

- Manage risks 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

## Who should attend

- Consumers or Carers currently working as peer workers within organisations
- People who organisations have identified as prospective peer workers
- Students wanting to sample the Certificate IV Mental Health Peer Work

## Facilitator

Lorelle Zemunik, Senior Trainer  
(Peer Specialist)

Lorelle has worked as a peer worker both in community and clinical settings as well as having experience in training, education and research from the peer perspective.

## Further Information

### Cost

Full fee for individuals \$895 inc GST  
Unwaged/Concession fee \$450 inc GST  
(this rate is for concession card holders whose employers are not contributing to their training costs)

*Course Materials Included*

### To Register

Please visit the VICSERV website [www.vicserv.org.au](http://www.vicserv.org.au) and register online.

### Public Transport

Elsternwick station is located on the corner of Glenhuntly Road and Home Street and is a 1 minute walk from the VICSERV Offices. The Elsternwick train is on the Sandringham line.

### Location

VICSERV  
Level 2, 22 Home Street  
Elsternwick

### Customised Training

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