



# Mental Health Victoria

Collaboration • Knowledge • Leadership

## Foundations in Peer Work

Wednesday 10<sup>th</sup> - Tuesday 16<sup>th</sup> October 2018 (excl. Sat & Sun)

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

**Facilitator**  
Lorelle Zemunik

### Further Information

#### Cost

Full Fee Individuals \$895  
Unwaged/Concession \$450  
(This rate is for concession card holders whose employers are not contributing to their training costs)

*All course materials are included.*

#### To Register

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

#### Public Transport

Mental Health Victoria is located next to Elsternwick Train Station (Sandringham line), bus, and tram stops.

#### Location

Mental Health Victoria  
Level 2, 22 Horne Street  
Elsternwick VIC 3185

#### 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 at your chosen site(s).

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