

# Foundations of Peer Work



Psychiatric Disability Services  
of Victoria (VICSERV)

**Wednesday 2 May – Tuesday 8 May 2018 (excl. Sat & Sun)**

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.

## Target audience

- 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

## Workshop 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

## 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 Individuals \$895.00  
Unwaged/Concession \$450.00  
(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 VICSERV website [www.vicserv.org.au](http://www.vicserv.org.au) and register online.

### Public Transport

VICSERV Training is located next to Elsternwick Train Station (Sandringham line), bus, and tram stops.

### Location

VICSERV Training  
Level 2  
22 Horne Street  
Elsternwick VIC 3185

### Customised In-house Training

VICSERV can customise any of our training and professional development programs to meet your specific organisational needs, and then deliver at your chosen site(s).