

#2 Educational Capsule – Self Determination

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Welcome

Thank you for coming back to our learning sessions.

Summary of Previous Month

Last month we explored the link between your creativity and your Peer Support Practice.

Peer Support is our value-based expression of creativity. We connect to others and self through our practise of sharing our lived experience.

Our values guide us in how we relate to others. A formal structure of integral values provides the foundation of Peer Support Principles of Practice (Peer Support Canada). We are in the process of co-creating an adaptation of those National Standards. Our goal is to integrate your feedback to create our own version for Western Canada Peer Training Society. We need to hear from you monthly to make this happen.

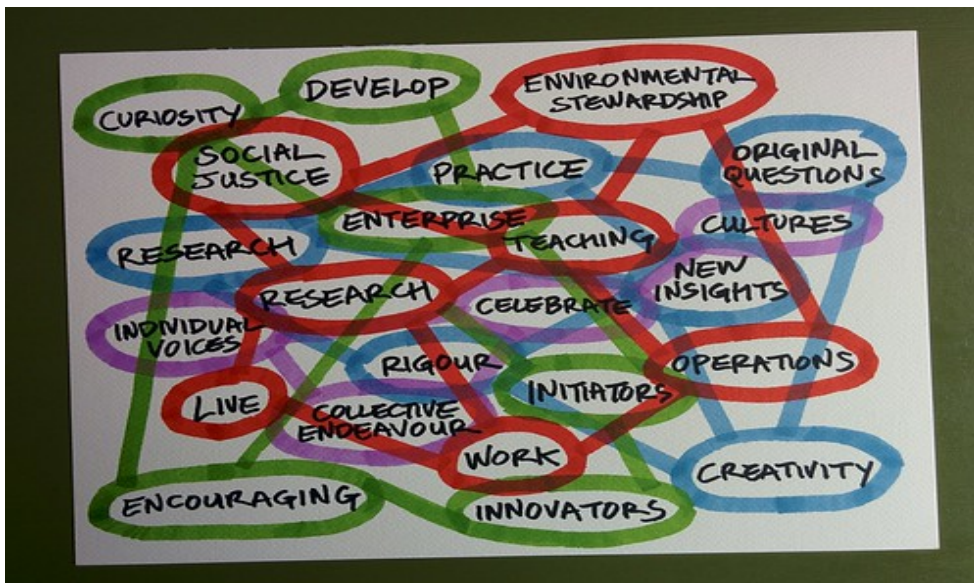
Our creative form reveals a personal style all of our own. That is why peer support training does come with a template. Peer support is a creative expression of life lessons, honesty, trust, motivation and connection which demonstrates the melding of our personal strengths, knowledge, skills and lived experience.

Everyone can receive peer support; however, not everyone can provide it. It is not as simple as completing training and stepping into the role. It requires creativity and practise.

Creativity is not just about **making art**, but also about **solving problems**, generating ideas, and expressing emotions. It expresses your values, in other words, What is important to you.

Learning Objectives:

1. Rediscover how attitude impacts practice looking at the shift from illness to recovery and from recovery to wellness.
2. Demonstrate an understanding of the relationship between beliefs, values and attitudes and how they form the basis of Peer Support Practice.
3. Develop the skill to deconstruct the Peer Support Principles based on beliefs, values, and attitudes to gain the foundation of peer support practice.
4. Explore self-determination theory.
5. Acquire the skill and knowledge base to develop tools to promote self-determination.



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Introduction to the Role of our Attitude in the Services we Provide

Peer Support Values are based on our beliefs – the ideas we hold as human beings to be true. It is essential that you are aware of your own values, beliefs, and attitudes so that you do not impose them (deliberately or unintentionally) on the people you are working with.

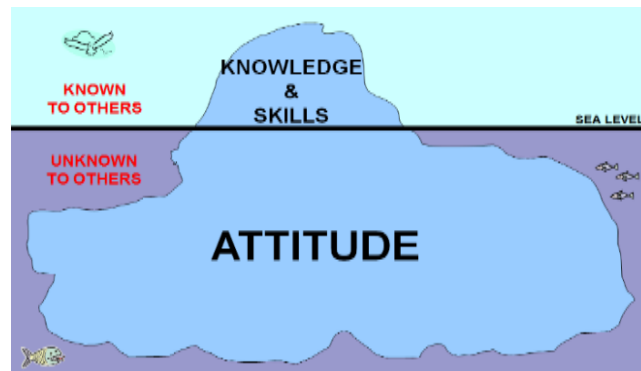
It is our attitude that provides the gateway to co-creating a personal approach with each peer. That is, we don't provide options and services based on what **we feel is right**. Or what worked for us. We collaborate with people in relation to what is right for them. We need to always remember that it is their life and only they should make decisions about how they can live their best life.

Attitude

Remember, attitudes are how we treat others and approach situations.

Quote by Charles Swindoll:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so, it is with you... we are in charge of our Attitudes"



Exercise 1 Linkages to Theory

This exercise will enable you to deconstruct three Principles of Peer Support Practice on the basis with the following categories:

Beliefs, Values and Attitudes

What is a belief? Ideas you hold to be true

What is a value? What is important to you (P2. Education Capsule #1)

What is an attitude? How you treat others and approach situations

Principle 1: Peer Supporters recognize the importance of an individual approach to wellbeing.

State a few underling beliefs you hold true:

- Each person is unique
- Diagnoses does not define a person

Name one Peer Support value that applies:

- Hope

What attitude shapes your actions as a Peer Supporter?

- Everyone can move through their challenges to increase their sense of wellbeing.

Principle 2: Honour and respect where each individual is in their wellbeing journey recognizing that the focus is on the process and not the end result.

State a few underling beliefs you hold true:

-

Name one Peer Support value that applies: (P3. Educational Capsule #1)

-

What attitude shapes your actions as a Peer Supporter?

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Principle #3: Facilitate the self-determination of peers to take an active role in their wellbeing. (We will conclude with this Principle)

Western Canada Peer Support Training Society Educational Capsules 2023

Do you believe that the Community Health Care System has had an attitude adjustment?

Let's explore the Illness, Recovery and Wellness Service Paradigm Shift:

Illness Paradigm	Recovery Paradigm	Wellness Paradigm
Professionals take most of the responsibility	Those receiving services are responsible for their recovery	People receiving services are responsible for their wellness and everyone shares responsibility for creating empowering environments and communities
Patients not expected to recover	People can and do recover	Everyone can achieve amazing levels of wellness that were previously unimagined
Caregivers make most of the decisions	People direct their own services	People are empowered and supported to direct their own services
Medication is key and/or primary component of treatment	Medication is only one of many components of an individual's recovery program	People may use (rather than take) medication as one of their many wellness tools
Compliance is a virtue	Self-determination and choice are signs of recovery	People are afforded the dignity of risk and are empowered to exercise their rights and freedom of choice responsibly
Clients don't know what's good for them	Each individual is assumed to know what works best for them	People know what works well for them, and are empowered through education, information, and opportunities to discover what works better and best
Stabilization is the goal	Recovery is the goal	Rich, vibrant and ever-better wellness is the goal
Diagnosis is an important tool in understanding each person	Each person is an individual and current challenges are more important than diagnosis	People are first and foremost self-determining beings, and diagnosis is a small part of understanding the challenges related to achieving wellness
Clinical staff may consider themselves as different than peers	Staff members also experience recovery	Staff embraces and shares humanity with the people they serve and build relationships around a spirit of mutuality



Self-determination Theory

Self-determination theory recognizes that all humans are motivated from the inside. Often this motivation may be blocked through traumatic life experiences. To restore our innate ability to feel motivated, we need to:

1. Feel capable and competent that we can be successful at what we choose to do.
2. Feel we can be the source of our behaviour change.
3. Feel cared for and understood by others.

Similarly, Wehmeyer (2007) defined self-determination as the primary causal agent that encourages decision making that is free from external influence. According to Field, Martin, Miller, Ward, and Wehmeyer (1998), an understanding of our strengths and limitations and a belief in ourselves as capable and competent are essential to self-determination.

When acting on the basis of these skills and attitudes, individuals have a greater ability to take control of their lives and engage in goal-directed, self-regulated, autonomous behavior.

In essence, self-determination is a combination of skills, knowledge, and beliefs that allow the individual to choose and act in accordance with those choices rather than reinforcement contingencies, drives, or other external pressures.

Peer Support enables Peers to meet these three needs. To feel vital, self-motivated and well. These indicators underlay growth and development.

<https://positivepsychology.com/self-determination-skills-activities/>

Self-determination in Peer Support Practice

One definition of self-determination is “Everyone has the right and ability to determine the course of their lives, regardless of illness or disability. Peers have the right to direct their own services, make decisions concerning their health and wellbeing, and have support from others of their choosing. They have the right to be free from involuntary treatment, and to have meaningful roles in the design, delivery and evaluation of services and support. Self-determination includes supportive social, cultural, and environmental conditions.” *Hardaker, D. (Feb 2012) “Self Determination and Peer Support”*

Self-determination Skills:

Self-regulation skills promote wellness through self-advocacy. It is important that the Peer Supporter supports the Peer to attempt to exercise control. To move toward what they want. Most importantly, success is NOT the OUTCOME it is their energy to change. Decision making skills develop when we utilize our inner motivation. Peer Supporters enable Peer directed growth which features mastery over challenges, experimentation in trying new ways to develop a sense of self. Adapted from Silva et al., 2014

Peer Supporter Strategies

1. Meeting Peers where they are at. No assumptions. No judgement.
2. Listen to understand empathically to the Peer’s perspective. Listen for what matters not what’s the matter. Be curious.
3. Be trauma informed. It’s not what happened to you, but what happens inside you as a result of what happened to you and how others responded.

Worksheet “I am” Self-Awareness of your Peer Support Talents and Skills

Goal:

- Discover you **Self-awareness**
- Explore how an increased Self-awareness connects to your self-motivation to learn and grow

Process:

- Make a list of ten words, phrases, and traits that describe you.
- Treat yourself as you do your good friend.
- Mark each of these as those that hold pride and satisfaction (PS), those you admire in others (AD), and those you continue to grow (CG).

1. I am
2. I am
3. I am
4. I am
5. I am
6. I am
7. I am
8. I am
9. I am
10. I am

Principle #3: Facilitate the self-determination of peers to take an active role in their well-being. Please add your own examples below.

State a few underlying beliefs you hold true:

- Peer support complements the formal medical health care system. It does not replace it.

Name one Peer Support value that applies:

- Dignity

What attitude shapes your actions as a Peer Supporter?

- Get to know the person through creating a trusting mutual relationship.

Thank you for participating in the Western Canada Peer Training Society’s Educational Capsule. Please join us in an interactive discussion on the third Monday of each month 7-8:30pm.

We will continue to distribute monthly Education Capsules exploring aspects of integral peer support based on your interest and input.

Please express your interest and availability to attend via Zoom on June 19, 2023. Upon confirmation you will be sent a Zoom link to attend.

Please direct your confirmation, discussion questions and comments to:

Debbie Wiebe at vicepres.wcpt@gmail.com or Text: (403) 862-4783 Thank you