

Peer Support

Training for 1st Responders



Cornerstone Retreat Center for 1st Responders and Their Families

Contact

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Primary Instructors

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Course Goals

- Provide students with a working understanding of the principles and practices of peer support.
- Heighten the student's knowledge about the unique environment and impact of stress and trauma that encompass a 1st responder career.
- Describe the normal physiological and behavioral reactions to stress & trauma and the accompanying mental & physical health consequences that may result.
- Introduce, reinforce, and highlight various communication skills and techniques that are necessary tools of peer supporters.

About Peer Support

Peer Support is a non-clinical process of listening, encouraging, sharing knowledge and skills, and providing assistance to peers in order to help them effectively deal with the challenges, stress, and traumas experienced through their work and personal life.

Peer Supporters are individual who share common experiences and/or challenges with the people they are helping. Peer Supporters have the desire and enthusiasm to help their peers work through the emotional, physical, relational, and spiritual challenges they face as a result of the stress & trauma they have experienced.

Class Description

This 3-day Peer Support training class will introduce the student to the process of peer support and equip them with the knowledge and techniques necessary to provide emotional support & practical guidance to other 1st responders who are in need of assistance.

This class consists of both classroom lecture and reality-based training scenarios. Throughout the course students will learn best practices, participate through interactive discussion, and engage with practical exercises applying and showing understanding of what they have learned.