PEER SUPPORT TRAINING FOR FIRST RESPONDERS



CLASS OVERVIEW

The Peer Support Training for Public Safety Classes are designed to be an interactive basic two-day (16-hour) class or an advanced four-day class (32 hours) focused on teaching public safety personnel the art of peer support. It is designed for folks in public safety who have a desire to support and be there for their peers in times of need and emotional struggle. During the course of the class, participants will gain crucial knowledge about communication skills and the techniques that are effective in supportively working with people to gain a mutually beneficial outcome. Participants will also learn to address people in crisis in a manner that reduces tension and the possibility for physical injury to anyone involved.

The concept of mental health and its effect on the verbal interaction will be addressed as well. Participants will be able to actively engage in over six hours of live scenario situations in the basic class and at least 8-10 in the advanced class. We work with class attendees to understand their own personality style and "emotional baggage" in order to gain insight into how it effects their ability to support others. The classes will practice the tough calls so that legal, ethical, and emotional triggers and issues are discussed before they are faced in a real life or death situation.

The class instructors will be current public safety personnel, mental health providers, psychologists, and retired first responders with extensive expertise and experience in verbal de-escalation and crisis management.

COURSE TOPICS & EXERCISES

- What is Peer Support?
- Peer Support Defined
- What is a Peer Support Team?
- Support vs. Fixing
- Solving vs. Providing Options
- Empathy vs. Sympathy
- What makes a good Peer Supporter?
- Team Dynamics
- How to Remove a Peer Gracefully
- Documentation and Your Specific Agency
- HIPPAA-Privacy-Confidentiality
- Being aware of your own baggage.
- The Helping Process
- Basic Communication Skills
- Non-Verbal Communication
- Basic Active Listening
- Mental Health 101
- How to Spot Struggling People
- You will see: DV, AM, SA, trauma, parenting issues, anxiety, depression, suicide, homicidal thoughts, relationship issues, etc.
- Motivating People to Get Help
- What to say and what not say?
- When to Refer for Counseling
- Referral Options
- CISD's
- Self-Care, Compassion Fatigue, Secondary Trauma, and Vicarious Trauma
- And Over 6 Hours of Live Scenario Experiences

COURSE PRESENTED BY:

Public Safety Psychology Group LLC

Troy Rodgers Psy.D. – Course Coordinator

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OFFICE LOCATION:

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CLASS DATES

[Basic Peer Support]

[Advanced Peer Support]

PEER Support Re-Certification

CLASS TIMES

8am-5pm each day

CLASS COST

Basic: $475+tax (per person)

Advanced: $750+tax (per person)

Re-Certification: $425+tax (per person)

Group Discounts Available

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