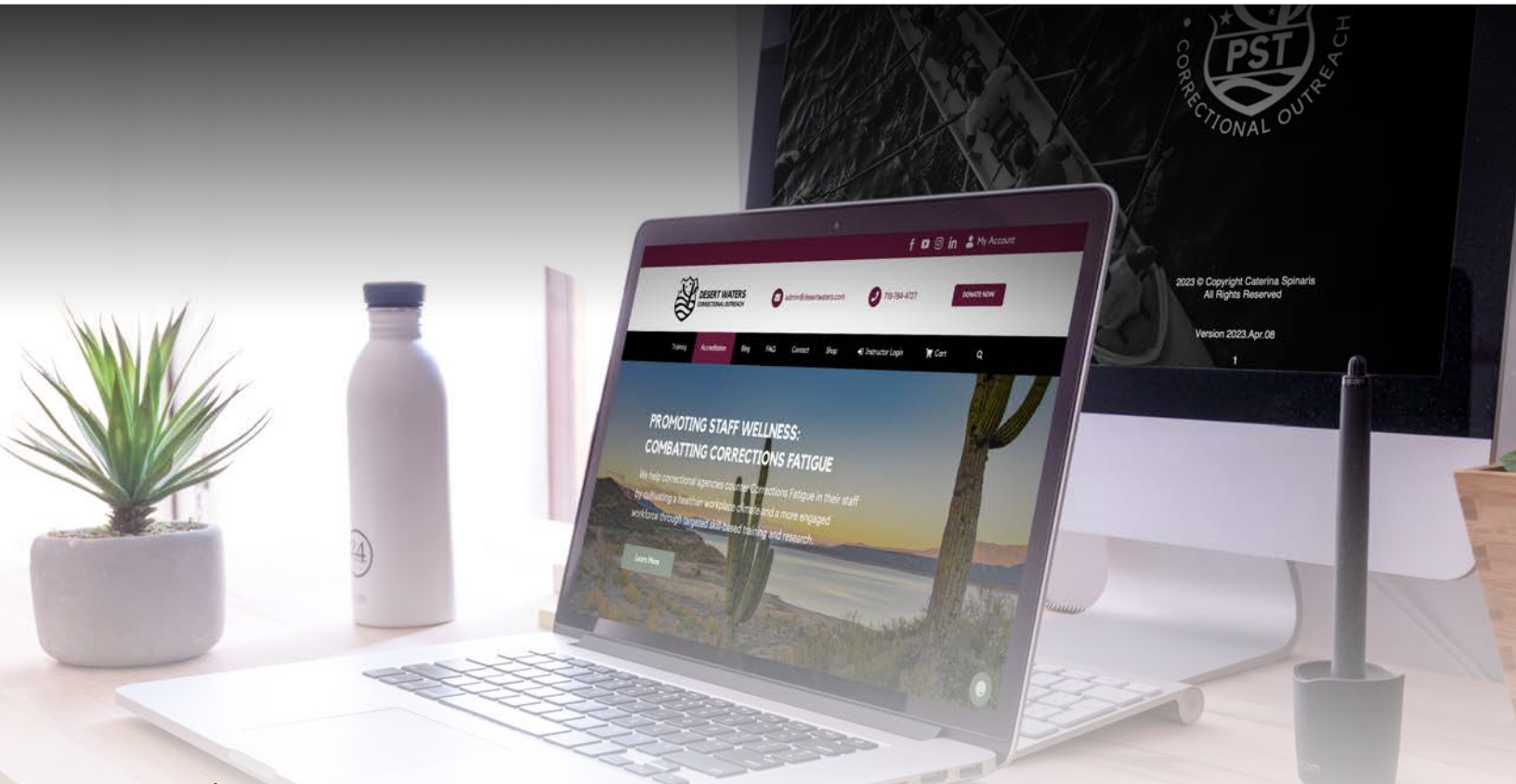




# Peer Supporter Training™

ONLINE LIVE GROUP TRAINING

\*40-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY



## **\$1,695 per Peer Supporter Candidate\***

This course teaches peer support skills for one-on-one peer support related to distress experienced due to taxing circumstances. It is not training to offer specialized group or individual debriefing following critical incidents.

This 40-hour course entails training public safety staff to offer one-on-one social support to their peers who may be experiencing distress due to stressors on or off the job. Inclusion of extensive role play enhances the potential of effective implementation of peer-support skills when offering this service to peers. The fee includes agency coaching regarding the building and integration of Peer Support Teams in the public safety workplace.

**For times and dates (scan or click):**



## **Upon Successful Completion of Certification Requirements, Peer Supporter Candidates Will Receive:**

- Three-year Certification as a Peer Supporter
- In person, 40 hours (five 8-hour days that include independent study)
- Live online, 40 hours (six 5-hour sessions or five 6-hour sessions plus 10 hours of independent study)



**Course Author:** Caterina Spinaris, PhD., is DWCO's founding Director and a Licensed Professional Counselor with over 30 years of clinical experience. Caterina conducts research, and offers data-driven trainings and interventions to corrections agencies to counter the effects of occupational stressors, and to increase organizational health and employee well-being. In addition to PST, she authored the following courses: the award-winning "From Corrections Fatigue to Fulfillment™," "Towards Corrections Fulfillment: For New Staff™," "True Grit: Building Resilience in Corrections Professionals™," "Correctional Family Wellness™," with versions for family members and for staff; "The Supportive Correctional Supervisor™," and "Improving the Well-Being of Corrections Professionals™." She has also authored the books *Staying Well: Strategies for Corrections Staff*; and *More on Staying Well: More Strategies for Corrections Staff*; and co-authored the workbook *Processing Corrections Work* and the book *Building Bridges with Corrections Staff: Spiritually, Practically, Relationally for correctional chaplains*. Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award.

## PLEASE NOTE:

1. This PST training teaches peer supporter skills that can be used in any situation, and best practices for providing PST services. It does not include training for specialized individual or group-based critical incident support debriefing.
2. Students who complete this training successfully are certified for three years to deliver formal peer support to coworkers at their agency under supervision and other quality-control practices provided by the agency, but they are NOT certified to train other PST members at their agency or individuals outside of their agency.
3. Certification can be renewed by passing an online multiple-choice exam that involves a fee.

## COURSE DETAILS

### A. Peer Supporter Training (PST) — 40 hours

- Formal Peer Support nature, foundations, and goals
- Formal Peer Support policies, best practices, and recommendations for successful peer support programming, effective Peer Supporter Team management, and related agency risk management and liability reduction
- Five milestones of formal Peer Support, including verbal and non-verbal communication, active listening skills, appropriate edifying, helping explore options, offering resources and referrals, and following up
- Some behavioral health conditions and their symptoms
- Related research data regarding first responder behavioral health
- In case of concerns about threats to self or others
- Self-care for Peer Supporters
- Discussion of challenging questions and scenarios
- Role plays

### B. Agency Consultation on PST Issues — up to 12 hours

- Includes provision of assistance for selection of peer supporters, provision of general guidelines of PST policies, best practices and guidelines for PST implementation, PST management issues and other risk management issues

### C. Independent Study — 10 hours

- Self-Paced CF2F or CFW-S
- Five wellness-related booklets
- Articles on peer support topics

## CRITERIA FOR PEER SUPPORTER CANDIDATES

- At least 5 years of working in public safety (recommended)
- Good reputation among staff as being genuinely caring
- Ability to be an active listener
- Good discipline and attendance record
- Experience having successfully worked through work-related challenges
- Genuine motivation to help coworkers

To register (scan or click):



[admin@desertwaters.com](mailto:admin@desertwaters.com)

719-784-4727

**Cancellation Policy:** No refunds less than three weeks prior to the training. Registrations are transferable to another peer supporter of the same agency as long as selection criteria are met.

*This training and associated certification are not designed or intended to replace getting help from mental health or medical professionals for any type of psychological, physical or spiritual distress.*