

California Peer Support Association

Presents Basic Peer Support Training

Basic Peer Support Training



This is a 16 hour, 2 day class

Topics that will be presented are:

- Introduction to Peer Support
- Setting up your program
- Listening Skills
- Confidentiality
- Critical Incident Stress Management
- Role of the Mental Health Professional
- Grief, Bereavement, & Loss
- Depression
- Marriage & Family Issues
- Addictions
- Suicide
- Taking care of you

Individuals can expect to take away from this class an understanding of peer support concepts, information and sample department instructions; the need for confidentiality and effective peer support team member selection; the importance of a critical incident stress management program and the essential components.

Time will be spent practicing active listening skills and we will address the need to work closely with a mental health professional who understands the personality traits of an emergency responder and the trauma they deal with each day; how to best respond to issues of substance abuse, grief, marriage and family conflicts, alcoholism/addictions and suicide.

UPCOMING CLASS

January 23 & 24, 2011

Monday & Tuesday
0800-1600 Hours

**La Mesa Police
Department
8085 University Ave
La Mesa, CA 91941**

**Cost: \$50 for CPSA members
\$80 for nonmembers**

For questions or more information
contact:

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California Peer Support Association is committed to providing the highest quality peer support education and training possible for emergency responders within the State of California. The board is dedicated to the concept of peer support and critical incident stress management and will continue our mission as long as there are dedicated individuals providing necessary support for emergency responders in their respective departments.

To register for this class, go to our website, www.CaliforniaPeerSupport.org
and click on the "Events and Training" button.