

# Peer Support: A Relational Model of Recovery

Shery Mead  
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Recovery doesn't happen in a  
Vacuum

Peer Support acknowledges that  
change happens when there is input

# What Makes Peer Support Unique?

- It provides a non-medical analysis
- Support goes both ways
- It assumes mutual responsibility
- It supports us in moving towards what we want
- It challenges us to evolve rather than to maintain and cope
- It allows us to learn to tell a different story
- It offers community rather than service provision

# Peer Support Curriculum

## **Introduction**

### **About Peer Support...**

**What is peer support anyway?**

### **The Tasks of Peer Support**

**Deeper Understanding of Worldview**

**First contact and language**

**Language**

**Listening Differently**

**Listening from a position of “not knowing”**

**Listening for the ‘untold story’**

**Provide validation**

**Reflection of feelings**

**Ask clarifying questions**

**Asking Powerful Questions**

**Building Connection Listen with an ear for role**

**Direct Honest Respectful Communication**

**Negotiating Reality**

**Sitting Comfortably with Silence:**

**Conversations about Diagnosis**

**Sharing Relevant Personal Change Stories**

**Staying Peer**

**Developing Trauma-Informed,  
Mutually Responsible  
Relationships**

**Doing mutual responsibility Power  
and relationships**

**Boundaries or Limit Setting: How  
do you Maintain Shared  
Responsibility?**

**Limits, Boundaries and Trauma  
Worldview:**

**Self Evaluation on Trauma  
Informed Mutually Responsible  
Relationships**

**Challenging Situations**

**Shared Risk: Redefining Safety**

**Negotiating Reality (reviewed)Self-  
Injury**

**Suicidality as Habitual response**

**When Your Own Buttons Get Pushed**

**Self Evaluation on Redefining Safety or  
Shared Risk**

**Conflict**

**Worldview and dialogue**

**Trauma Reenactment and  
ConflictBuilding Dialogue**

**Responding Vs. Reacting**

**Holding Multiple Truths**

**Self Evaluation on Conflict**

**Self-Care**