Purposeful Storytelling in Peer Work
For anyone interested in effective ways of using lived experience in peer work

A 2-hour, off-campus seminar for peer workers, consumers and carers interested in peer work; for non-peer workers and managers interested in supporting peer workers in using their lived experience purposefully and safely.

Facilitated by Sandy Watson

About the “Purposeful Storytelling in Peer Work” seminar

This introductory seminar aims to assist mental health peer workers to use their lived experience purposefully and safely; as well as to provide an opportunity for non-peer workers as well as managers to explore ways to provide support for purposeful storytelling.

Purposeful storytelling is an essential technique for all peer workers in that it provides a framework for using lived experience in a well thought out, prepared way. Accidental disclosures are minimised if peer workers are clear about what they are going to disclose and for what purpose. Purposeful storytelling helps people to prepare in advance of disclosing personal information; making it safer for everyone, whilst at the same time ensuring that the use of lived experience knowledge is done with purpose, and in support of service users’ recovery processes. Managers and non peer workers can explore opportunities to build supports for peer workers to develop their purposeful storytelling so that disclosures are intentionally made.

This seminar provides a supporting framework for making decisions about how to use the lived experience knowledge base, and personal storytelling, in an effective, safe and purposeful way.

Target Group
This off-campus, interactive presentation is designed for peer workers, consumers and carers; managers and non-peer workers interested in supporting the peer workforce.
Definitions
- Peer support defined
- Peer work defined
- “Lived experience” defined

Using safe disclosures in peer work - techniques
- Meaning making and recovery
- Purposeful storytelling & demonstration
- Re-storying & demonstration
- Critical learning

Implications for practice
- Discussion about implications for practice
- Exploration of strategies to support purposeful storytelling.

About the Facilitator
Sandy Watson is the facilitator of the Purposeful Storytelling for Peer Workers seminar. She is the Consumer Education Coordinator at the NSWIOP, is a consumer and has done extensive presenting to different groups in Australia on the subject of mental health peer work. Sandy can be contacted via email: Sandy.Watson@nswiop.nsw.edu.au

Values of Mental Health Peer Work:
(COM030) A presentation for peer workers, consumers and carers, non-peer workers and managers, on the values of peer work and the implications for peer work recruitment, support and practice.

There is also an all day workshop on Telling Your Story (COM018) for consumers, carers and peer workers that is available for off-campus delivery. This supports people to make sound decision about using lived experience disclosures in the public domain and in peer work, as well as training people to prepare for public speaking.

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If you are interested in this seminar, you may also want to explore others that you can schedule on the same or on another day: e.g.,

Powerpoint slides will be used and handouts are provided.

Please note: There is a practical activity where consumer and carer participants will write down and outline the beginnings of a purposeful story using their lived experience - in relation to a key element of recovery, and then in pairs, they will share this with another person.

Non-peer workers and managers will complete a different activity focussing on strategies for supporting the development of purposeful storytelling in workplaces.

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Image by Sandy Watson