

Tennessee Mental Health Consumers' Association 2018–2019 Trainings

PEER COUNSELING TRAINING:

Peer Counseling gives nonjudgmental, non-directive support to a peer and is provided by a peer instead of a mental health professional. Findings consistently show that Peer Counseling reduces hospitalizations, use of professional services, increases knowledge and coping skills, self-esteem and confidence. In addition, there is a greater sense of well-being and of being in control and stronger social networks and supports.

Peer counseling works because:

- It provides consumers an essential resource for recovery.
- It is easier to identify and communicate with someone who has lived through and survived some of the same events or experiences.
- People feel a sense of hope and inspiration from peers.
- It offers an opportunity for a person to achieve a greater level of independence and self-sufficiency through role modeling and encouragement by peers.
- Peer counseling is a powerful agent for change.

This 3-day course teaches those working in the peer to peer field how to counsel other peers using active listening and peer engagement skills. It is empowering for attendees and supports the peer model of recovery. Active role plays and feedback sessions allows attendees to learn new skills or polish existing skills to communicate with others in a deliberate, mindful manner.

Pre-Readings are required and are emailed to registrants prior to the training. This course also includes 1-hour training on "Ethics" which can be used towards CPRS certification; the total course offers 24 continuing education hours.

WEST TN: Memphis: November 28th-30th, 2018, Lowenstein House, 821 Barksdale Drive, Memphis, TN 38114

MIDDLE TN: Nashville: February 6th-8th, 2019, TAADAS, 1321 Murfreesboro Road, Second Floor, Nashville, TN 37217

EAST TN: Knoxville: March 6th-8th, 2019, TMHCA, 200 West 5th Avenue, Knoxville, TN 37917

All Trainings Are 8:30 am-5:00pm

TO REGISTER: RSVP to Kellye Hammond at khammond@tmhca-tn.org or call: 615-806-2533. You will then be sent a registration form. A registration form must be submitted and confirmed received before individual registration is complete.

www.tmhca-tn.org

NO FEES FOR TRAININGS

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