

There are certain kinds of questions that are more helpful than others in helping a person get in touch with their own inner wisdom.

Tool Practice Sessions

will give you the opportunity to practice the tools you have learned during this training

COMMUNICATION STYLES

The Three Qualities of Good Questions

1. Open-Ended and Honest
2. Comes from Deep Attentiveness
3. Designed to help the peer get in touch with their Inner Truth

Three Things that Peer Specialist are listening for.....

1. Goals
2. Barriers
3. Self-Esteem

OARS + Model

- O=Open-Ended Questions
- A = Affirmations
- R = Reflective Listening
- S = Summarizing
- R = Roll with Ambivalence
- D = Develop Discrepancy

TOOLS

Recovery Story

1. What you overcame
2. What you learned
3. What skills you gained
4. What you do to keep your Recovery goal

Initial Peer to Peer Specialist Meeting

1. Explain your Role.
2. Give your Background
3. Confidentiality
4. Availability
5. Anything on your mind?
6. End on a Positive Note

Igniting the Spark of Hope

1. Identify an Area of Interest
2. Create Excitement around this possibility
3. Find Actions to Take
4. Look for something in the doing that will require new skills
5. Use your recovery Experience to strengthen the relationship

TOOLS

Using Dissatisfaction to FIND Recovery Goals

1. What are you unhappy with?
2. What do you not like about ?
3. What would you rather be doing?
4. What is keeping you from doing that?
5. Who can support you in obtaining this goal?
6. When do you want to start?

FICA

- Faith and Belief
- Importance and Influence
- Community
- Address in Care

PICBA

Problem- Clearly identify the Problem

Impact- What Impact is the Peer having on the problem

Cost/Benefit- What are the costs and benefits of solving or not solving the problem

Brainstorm- Brainstorm 5-7 different ways to solve the problem

Action- Choose one action off the Brainstorm list to take to solve the problem

Combating Negative Self-Talk

Catch It

Check It

Change It

Review Questions – Tool Practice

1) What tools can be used to help a peer find their solution to a problem?

2) What kinds of questions help another person listen more deeply to their own inner wisdom?