

PEER SUPPORT

USE OF SELF AND BOUNDARIES

PRESENTER: CHASE EDWARDS



Welcome everyone to learning about setting boundaries and use of yourself using your strengths and experiences in a Non-traditional peer support role.

My name is.....

Say something about yourself

You can transition by saying something like:
Let's dive in!



What do the terms “use of self” and “boundaries” mean to you in providing support?

Use of Self

- Efficiently and rationally use your knowledge, skills, and values to enhance the well-being of a client or person you interact with.
- Effectively establishing trust and rapport.

Boundaries

- Boundaries can be emotional and/or physical to keep self-protected.
- Boundaries help determine what is and is not okay.
- How can you employ empathy while still maintaining boundaries?

Can you share some easy ways to care for yourself
When functioning in a peer support or general
supportive role?

When you are being supportive to someone what are the best ways to give and receive feedback?

Identify with them if you.....

Are you in a role to listen and respond to their needs and/or provide solutions?

Or

Are you listening to “hear” with the intention of gaining understanding?

Resource:

<https://www.verywellmind.com/hearing-vs-listening-what-s-the-difference-5196734#toc-tips-to-become-a-better-listener>

Can you share some experiences related to boundary setting when you have been in a supportive role?

Often, in a support role, you may need/want to share your story, what are ways to share these details while still protecting yourself?

Can you share examples of when you had to advocate for yourself and how you help people, you are supporting learn to advocate for themselves?

Can you share examples of when attempts to help might be harmful and impact the trust and rapport you have built with someone you are providing support to?

When you are supporting someone who has different opinions/values, such as religious and political differences: how do you connect with them?

Suspending Judgment

Always Be Present

Always Be Learning

Don't Be Critical

Demonstrate Empathy

Let Them Know They Are Not Alone

How can you help someone you are supporting take control of their life?

Strengths-based Approach

Setting Goals

Practicing Mindfulness

Making Healthy Lifestyle Choices

Manage Stress

Building Resilience

How do you manage your expectations related to the person you are supporting as well as theirs?

Don't expect them to be THE best; expect them to be better than they used to be

Help them learn to understand that they deserve better

The journey may be about “unbecoming” versus “becoming”

Their past doesn't define them – they get to choose who they are

How can someone help the person they are supporting manage the expectations of others?

Don't anticipate to change others – it's up to them to change

Don't worry if you make waves by simply being yourself

Distance yourself from those who drain you

Avoid negative people in your life

Set boundaries with them – “it's ok to say no”

Don't be afraid of losing people

Don't allow people to visit your past more than you do or want

Expect people to love the person you are now, not who you were