



**BASIC TRAINING WORKSHOP FOR PEER HELPER TRAINERS:  
A JOINT INITIATIVE BETWEEN GÖTEBORG UNIVERSITY AND  
NELSON MANDELA METROPOLITAN UNIVERSITY (SOUTH AFRICA)  
20 to 23 September 2005**

The <sup>1</sup>Peer Help Project is a joint project between the Nelson Mandela Metropolitan University (NMMU) in South Africa, Göteborg University and Chalmers University of Technology. It forms part of a twinning partnership between the higher education institutions in the municipal areas of Göteborg and <sup>2</sup>Port Elizabeth (South Africa).

The Project involves a co-operative attempt by the above-mentioned tertiary institutions in Göteborg and the Port Elizabeth based NMMU to implement and sustain peer helper programmes. The aims were, amongst others, to share and gain knowledge, insights and perspectives with regard to the concept of peer programmes, how they are run and how peer helpers are trained, supervised, evaluated, etc.

The *Core Training Workshop for Peer Helper Trainers* will be offered in Göteborg from 20 to 23 September 2005. It will be jointly facilitated by the members of the NMM and Göteborg project teams. The facilitators are thoroughly trained and all have gained valuable experience – on local and international level - in the field of peer helper training and programme implementation.

The workshop will be focusing on the facilitation of a core curriculum in communication and helping skills for peer helpers. The content and methodology of the workshop will be explored via the experiential learning method. Participants will explore some core communication and people helping skills, pointed out by research as being crucial to peer helper training: attending (i.e. non-verbal and verbal communication styles), empathic listening and responding, questioning skills, feedback, decision-making and problem-solving, value clarification and ethics, confidentiality and referral. Trainees will, amongst others, be requested to present sessions in pairs. These presentations will form an integral part of the training. Training materials and adequate time for preparation will be provided.

The *purpose* of the workshop is to provide participants who are, or wish to become, involved with peer helping programmes with opportunities to:-

- get acquainted with a thoroughly researched and well tested-and-tried peer help training curriculum and methodology
- improve their peer helper training skills

The *proposed outcomes* of the workshop: by the end of the 4-day training participants will:-

- have training experience in the core skills of the peer helping curriculum
- be familiar with training techniques associated with the experiential learning cycle

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<sup>1</sup> Peer Help is an umbrella term used to describe community based and sanctioned programmes where volunteers receive appropriate training and supervision so that, in formal and informal situations, they can directly and indirectly offer assistance in a variety of ways to people, who, based on mutually perceived and situationally defined similarities, would refer to themselves as 'peers'. More information on the concept of peer helping – or peer assistance can be obtained from: <http://www.peer.ca/> <http://www.bacchusgamma.org/> and <http://www.peerhelping.org/>

<sup>2</sup> Nelson Mandela Municipality

**Maximum number of participants:** The workshop can accommodate 20 participants. Applicants involved, or who intend to become involved in peer help initiatives at their respective institutions, will be given priority. Consideration will furthermore be given to participants who may contribute to the diversity of the group, participants from different organisational contexts will, for instance, be given priority.

**Dates and times:** Tuesday 20 September to Friday 23 September 2005 from 08h00 to 16h30 every day. Evening sessions to discuss 'unfinished business' may also be included, depending on the needs of the trainees

**Venue:** Hotel Liseberg Heden, Hotell Liseberg Heden, Sten Sturegatan, 411 38 Göteborg, Tel: +46(0)31-750 69 00; <http://www.liseberg.se/hlh/>

**Registration fees:** 1 900 SEK per person (this fee includes training manuals and all other training materials, tea/coffee, refreshments and lunches).

**Payment of registration fees:** Registration fees should be paid prior to the training (before or on 15 Aug 2005) through "postgiro" account: **PG156 27- 3**; please indicate that the receiver of the payment is the division for Student Affairs, GU with "ansvarsställe 9270".

**Accommodation:** Participants are required to book their own accommodation if needed.

**Registration:** Please complete the registration form attached (Addendum B) and fax or e-mail it before or on **25 May 2005** to Catherine Gillo. Fax: +46 – 31 773 4388; e-mail: [catherine.gillo@adm.gu.se](mailto:catherine.gillo@adm.gu.se)

*We look forward to meeting you at this internationally and nationally recommended training workshop! More information on the workshop can be obtained from:*

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<sup>3</sup> Student Counselling, Career and Development Services

## Addendum A

**CORE TRAINING WORKSHOP FOR PEER HELPER TRAINERS: 20 – 23 SEPT 2005****Workshop Schedule****Day 1: 20 Sept 2005 (08h00 – 16h30)**

08h00 - 08h30	Registration, Coffee, Tea, Fruit Juice
08h30 – 09h00	Welcome and Introduction
10h30	Tea and refreshments
13h00	Lunch
15h00	Fruit juice

Programme:

- Establishment of Group Guidelines
- Introduction of Workshop Goals, Structure and Procedures
- Introduction to the Concept of Peer Helping
- Introduction to Self Disclosure Exercises
- Introduction to Training Modules
- Introduction to Training Method
- Demonstration of a Training Session

**Day 2: 21 Sept 2005 (08h00 – 16h30)**

08h15	Start
10h30	Tea/Coffee and refreshments
13h00	Lunch
15h00	Tea/Coffee

Programme:

- Exploration of Experiential Learning Cycle
- Preparation for Participant Presentations
- Participant Presentations
  - Roadblocks to Effective Communication
  - Facilitative Listening

**Day 3: 22 Sept 2005 (08h00 – 16h30)**

08h15:	Start
10h30	Tea/Coffee and refreshments
13h00	Lunch
15h00	Fruit juice

Programme:

- Participant Presentations (continued)
  - Empathy
  - Questioning Skills
  - Self Disclosure: I and You Messages

<b>Day 4: 23 Sept 2005 (08h00 – 16h30)</b>
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08h15 :	Start
10h30	Tea and refreshments
13h00	Lunch
15h00	Fruit juice

#### Programme

- Participant Presentations (concluded)
  - Values Clarification
  - Decision-making and Problem Solving
  - Confidentiality, Referral and Ethics
- Feedback
- Evaluation
- Conclusion

#### **Please note:**

- 1) The facilitators (training leaders) will be responsible for the proceedings of the first day and the first session on the second day. As from mid-morning on the second day participants (in pairs) will be required to prepare and present training modules from the peer help curriculum. Each participant presentation will be followed by a group discussion, facilitated by the training leaders. Ample time for preparation, training materials (content of modules) and basic educational aids will be available (eg. flip chart paper, transparencies, an overhead projector). Guidance and assistance by training leaders will be available throughout the preparation time.
- 2) The aims and nature of this training workshop do **not allow participants to miss any sessions or any parts of sessions**. Individuals who come late or leave early will take away from the rest of the trainees valuable learning opportunities. Requests, if any, in this regard will have to be discussed with the training group before training starts. Participants are requested to avoid, within reason, situations like this to occur.
- 3) This schedule may be adapted according to the size and the needs of the group



## Addendum B

### CORE BASIC TRAINING WORKSHOP FOR PEER HELPER TRAINERS

#### REGISTRATION FORM

To be faxed or sent via e-mail before / on **25/05/05** to Catherine Gillo at Göteborg University.

Fax: +46 – 31 773 4388;

e-mail: [catherine.gillo@adm.gu.se](mailto:catherine.gillo@adm.gu.se)

(PLEASE NOTE: Each participant is required to complete a separate form. Make your own duplicate copies if necessary)

Surname: \_\_\_\_\_ Initials: \_\_\_\_\_ Title: \_\_\_\_\_

First Names: \_\_\_\_\_

Institution: \_\_\_\_\_ Tel no.: \_\_\_\_\_ Fax: \_\_\_\_\_

e-mail: \_\_\_\_\_ cell phone no. \_\_\_\_\_

Home address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

\*Involvement (previous or intended) in peer help programmes:

\_\_\_\_\_  
 \_\_\_\_\_

Please indicate whether you need special meals: (tick and specify, if necessary):

Vegetarian € Other €

Specify \_\_\_\_\_

Do you have any other special needs (specify) \_\_\_\_\_

\_\_\_\_\_

Additional comments/requests: \_\_\_\_\_

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