



## MASTER CLASS

### «PATIENTS AS PARTNERS, MENTORS, OR PEER HELPERS IN MENTAL HEALTH RECOVERY»

*In peer support, we can learn to develop relationships outside of the definition or context of "illness", and most importantly, we can validate the reality of each other's feelings, perceptions, and experiences...*



THIS TRAINING CONSISTS IN **6 DAYS** EITHER FACE-TO-FACE AND/OR REMOTE FOR **15 TO 20 PARTICIPANTS**.

#### ACADEMIC TEAM

Experienced peer helpers, psychiatrists, members of psychiatric care teams, expert educators in patient training, researchers, representatives of innovative experiments:

**Pr Catherine TOURETTE-TURGIS**, founder of the University of Patients at the Faculty of Medicine Sorbonne University,

**Dr Philippe NUSS**, psychiatrist at St-Antoine Hospital in Paris,

**Pr Jean-François PELLETIER**, researcher in political science and professor, the Department of Psychiatry and Addictology at the University of Montreal,

**Pr Larry DAVIDSON**, professor of psychiatry at Yale University,

**Pr Cynthia FLEURY**, philosopher and psychoanalyst, holder of the 'Humanities and Health' Chair at the CNAM and of the Chair of Philosophy at the hospital,

**Claire LE ROY HATALA**, Ph.D sociologist, consultant in mental health in the workplace,

**Emmanuelle JOUET**, PhD, Educational, Training and Mental health researcher, director at the Mental Health and Human Sciences Research Laboratory of the GHU Paris psychiatrie & neurosciences,

**Iannis MCCLUSKEY**, mental health peer practitioner, Mental Health and Human Sciences Research Laboratory of the GHU Paris psychiatrie & neurosciences,

**Philippa MOTTE**, trainer/coach peer-helper.

#### PUBLIC

> People living with or having personal experience with mental health problem, and who want to develop peer-to-peer support or peer role in relation to the mental health field at large.

#### TRAINING GOALS

To provide participants with useful knowledge and intervention tools to develop or optimize the missions or functions of peer helpers in mental health recovery.

#### TEACHING METHODS

Face to face training, skill based training, online e-learning, practice and group video.

Recommended internship with experienced peer helpers.

#### TARGETED COMPETENCIES AND LEARNING OBJECTIVES

- **Foundations of peer to peer approaches** in the Health French system
- **Developing recovery oriented practices** and promoting peer leaders
- **Shared learning and Relationship Building**
- **Activation and Self-Management**
- **Advocacy, Patients' rights and strategies** to fight stigma
- **Working with mental healthcare teams**
- **Discuss Intentional Peer Support Core Competencies**
- **Choosing to become employee or volunteer** in the public mental health system

Next P 02



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#### LOCATION OF THE COURSE

Faculty of Medicine Sorbonne University, University of Patients  
Salpêtrière Hospital, Stomatology Building - (3rd floor)  
91 boulevard de l'hôpital, 75013 PARIS

## EXAMPLES OF TOPICS

- PRINCIPLES AND PHILOSOPHY OF RECOVERY
- HISTORY OF PEER-TO-PEER MOVEMENTS IN HEALTH
- LEARNING TO WORK WITH A MENTAL HEALTH CARE TEAM
- REDEFINING MENTAL HEALTH WITHIN PEER TO PEER APPROACHES
- CLARIFYING THE CONCEPT OF THE PEER ROLE
- CITIZENSHIP AND MENTAL HEALTH: CITIZENSHIP ORIENTED MENTAL HEALTH CARE SERVICES
- ADDRESSING MENTAL HEALTH IN THE WORKPLACE AND INCLUDE PEERS AS STAFF IN ALL INITIATIVES REGARDING MENTAL HEALTH ISSUES
- HOPES AND THERAPEUTIC INNOVATIONS IN MENTAL HEALTH AND CARE SERVICES
- PEER-HELP: THE EMERGENCE OF A NEW PROFESSION OR FUNCTION IN THE WORK PLACE
- PRESENTATION BY PEER HELPERS OF THEIR PRACTICES
- PRESENTATION OF INNOVATIVE EXPERIMENTS (E.G. CLUB-HOUSES, THERAPEUTIC CLUBS...)



### SUPPORT TEAM

- > PEDAGOGICAL SECRETARIAT
- > TRAINING CONTRACT, RECRUITMENT SERVICE
- > PRELIMINARY INTERVIEWS, PEDAGOGICAL TUTORING, PSYCHOLOGICAL SUPPORT, RESEARCH FOR INTERNSHIPS...

### IMPLEMENTATION FOLLOW-UP

The experience shows that the action a requires a follow-up of implementation (in a company or in a care service for example) for the students of the Masterclass requesting it (estimate: 8 to 10 follow-ups):

- > CONFERENCES
- > WEBINARS
- > MEDIA TRAINING
- > COACHING
- > MENTORING



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