



PEER SUPPORTER WORKSHEET

Bring this completed worksheet to the virtual training.

1. Introduction to the Peer Support Program

Did you receive peer support after your burn injury? If so, describe your experience. If not, how could it have helped?

2. Active Listening and Nonverbal Communication Group Activity

It is quite common to be asked during a Peer Supporter visit to share about your burn injury. Remember that the Peer Supporter visit is not about you but the survivor you are visiting. Rehearse telling your story prior to the virtual course.

3. Recovery from Burn Trauma

Judith Herman's Three Stage Model

1. Recovering a sense of safety
2. Remembering, telling the story, mourning
3. Reconnecting with life

Select one of the above stages of the Judith Herman Model and write about your experience/feelings/issues as you worked through that stage during your burn recovery.