



Virtual Phoenix SOAR Peer Supporter Training

Participant Agenda

**listed in Eastern Standard Time*

12:00 – 12:30 pm EST	Introduction and Ice Breaker
12:30 –12:40 pm EST	Peer Support Group Activity: Did you receive peer support after your burn injury? Explain your experience or how peer support could have helped.
12:40 –1:45 pm EST	Communication Skills for Peer Supporters 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. Burn Survivor: Tell the peer supporter about your burn injury. Peer Supporter: Listen using active listening skills and nonverbal communication. Active Listening Skills <ul style="list-style-type: none">• <i>Paraphrasing</i>• <i>Reflecting feelings</i>• <i>Asking open-ended questions</i>• <i>Summarizing</i> Nonverbal Communication Skills <ul style="list-style-type: none">• <i>Mirroring</i>• <i>Posture or openness</i>• <i>Body orientation</i>• <i>Personal space</i>• <i>Eye contact</i>• <i>Facial Expressions</i>• <i>Silence</i> Group Activity: Now with all cameras on - tell your story in 3 sentences or less!

1:45 –2:00 pm EST	Break
2:00 –2:05 pm EST	Review of Judith Herman Stages of Burn Recovery
2:05 –3:00 pm EST	Recovery from Burn Trauma Group Activity: Burn Survivor: You selected one of the stages of the Judith Herman Model on your worksheet. Share your experience/feelings/issues you encountered as you worked through that stage of burn recovery. Peer Supporter: Use active listening and nonverbal communication.
3:00 –3:10 pm EST	Break
3:10 –3:15 pm EST	Supporting Loss and Grief (if time permits)
3:15-4:15 pm EST	Role Playing
4:15pm EST	Evaluation/Closure of Training