



PROSPECTUS

Better Blokes Peer Support Facilitator Training Course



Peer Support System

Why We Do This Work

Better Blokes offers peer support for men recovering from emotional, verbal, physical and sexual harm. All facilitators have travelled their own paths towards healing and are able and willing to support other men to become whole. It is the passion, commitment and strength of our facilitators that is the bedrock of the Better Blokes service.

Our facilitators understand the affects of harm, will have participated in peer support groups, completed inhouse training and have relevant qualifications or training in a related field such as teaching, social work, counselling and peer support.

The Values We Hold

As an organisation, Better Blokes is committed to creating safe spaces for men to grow and heal, without imposing any ideological framework. Better Blokes respects the diversity of different men's life experiences, beliefs, values, cultures, spiritual backgrounds and sexual orientations. We work with a strength-based philosophy, encouraging men to identify and value their wholeness, while taking responsibility for their emotions, words and behaviours, and the effects that those have on others in their lives.

Men who have been harmed have had their boundaries violated, been deprived of their mana and had their voices silenced. Better Blokes believes that these must be allowed to grow back by treating men with respect, listening to their stories with compassion, and demonstrating a model of power with, rather than power over.

How

To create safe spaces for men to grow we must rebuild the boundaries that were violated when they were abused as children. Guidelines let all men know where the boundaries are and what shared behaviour is needed to create safety. This transparency erases the toxic secrecy that poisoned the lives of men and damaged their psyches.

To help men find their voices we have 24 topics that are the basis for weekly discussion at peer support groups and individual meetings. These topics come from Better Blokes experience and the experience both nationally and internationally of professionals and organisations working to heal the pain of trauma.

Credibility

Better Blokes has been supporting men for ten years. Building upon the work of twenty years of male support services in New Zealand and the work of specialist professionals internationally. It has MSD Level approval.

Better Blokes is an incorporated society and registered charity with current registration and approved annual return. Annual accounts are prepared by chartered accountants and audited to Not for Profit XRB standards.

Better Blokes has a sound history of ongoing support from charitable foundations with a steadily increasing income stream to match expansion of service provision.

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Component 1 Five-day Tutorial (7 x Assignments as follows)

- 1.1 Introduction to BetterBlokes Peer Support System:
 - What is peer support?
 - BetterBlokes philosophy.
 - Ethics and Boundaries.

- 1.2 Peer Support Guidelines : Keeping us safe:
 - Review Peer Support Guidelines.
 - Managing group conflict.

- 1.3 Health and Safety:
 - Awareness of NZ Statute Law.
 - Where to find relevant references.

- 1.4 Cultural Awareness - Treaty of Waitangi:
 - How do cultures differ?
 - Awareness of the Treaty.

- 1.5 Quality Communication:
 - Developing listening skills.
 - Understanding empathy.
 - Managing self-disclosure.
 - Accepting differences - common ground.
 - Reflection - evaluation.
 - Sharing relevant personal experiences.
 - Giving and receiving feedback.

- 1.6 How to Develop a Wellbeing Plan - Setting Goals:
 - Establishing goals.
 - Identifying personal strengths.
 - Developing Strategies.
 - Stages of change.

- 1.7 Harm Minimisation and Self Care:
 - Procedures to minimise harm.
 - Promoting health of Peer Support Facilitators
 - Strategies and practice of self-care.
 - Supervision / what do I need?

Each of the five days will close with a BetterBlokes Peer Support Group circle - content from one of the BetterBlokes 24 x topics. This circle will demonstrate the BetterBlokes Peer Support Group method.

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Component 2 BetterBlokes Weekend Workshop: Facilitating Peer Support Circles - 2 days (with supervision)

FRIDAY EVENING:

- Registration, meal together
- Opening Circle : “Who Am I?”

SATURDAY: Sessions and Circles (Trainee Facilitators)

- Expressing anger safely.
- Identifying hurts and fears / triggers - powerlessness.
- Letting go / grieving process.
- Campfire / showing the best of me / games, songs, stories.

SUNDAY: Sessions and Circles (Trainee Facilitators)

- My talents / attributes - what do I love doing?
- Safety in relationships / boundaries (I say what I mean - without being mean!)
- Building support networks.
- Feedback and affirmations.

Component 3 One-day Peer Support Group: Facilitator Training Workshop

- Each trainee, during this training day will facilitate a Peer Support Group, with peers, and then participate in a feedback circle.
- This will include self-evaluation of performance, and receiving feedback from peers.
- Each trainee will take part in 5 x Peer Support Circles throughout the day.

Component 4 BetterBlokes Peer Support Group: 24 x Topic Course

- 2 x cycles through / 24 x topic Peer Support Group as a participant.
- 1 x cycle through / 24 x topic Peer Support Group as a Trainee Facilitator, alongside another BetterBlokes Facilitator.
- Facilitators to write a reflection on each of the 24 topics.
- Trainee Facilitators in Northland and Auckland will have the opportunity to attend any of the BetterBlokes community-based Peer Support Groups to complete their “cadetship required number of attendances.”
- Trainees will receive guidance to be able to enter client notes and group attendances onto our BetterBlokes database.

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Component 5 One-to-One Peer Support Sessions:

- 50 x One-to-One Sessions to be completed, with clients notes, entering onto database and ongoing supervision.
- Trainee Facilitators without prior training will be required to complete the 5 x day tutorial as a pre-requisite before starting this component of training.

Endorsement of Better Blokes Peer Support Facilitator Training Programme

This manual has been edited, modified and endorsed by Warwick Pudney to assist in content and process for the Better Blokes Peer Support programme. Within the limitations of time, voluntary personnel and the huge task ahead, the programme is informed and sensitive to the task of training male peer support workers.

Warwick Pudney

Programme Leader
Post Graduate Violence and Trauma Studies.
AUT University

SUMMARY

The purpose of our course is to train Facilitators in the Peer Support approach to reducing trauma. Empowering potential leaders with appropriate backgrounds to return to their communities with the confidence and skills to create hundreds of community-based safe circles. In these circles, participants -

- learn to open themselves more to their families, loved ones and friends.
- so they can live with more compassion, care, kindness and love, and less reactive behaviours
- thus enabling the rebuilding of trusting relationships
- through the power of showing vulnerability.

So that wherever we live in Aotearoa
We can help heal our nation, one relationship at a time.

Take care out there
Board Members and Staff
BetterBlokes Inc.