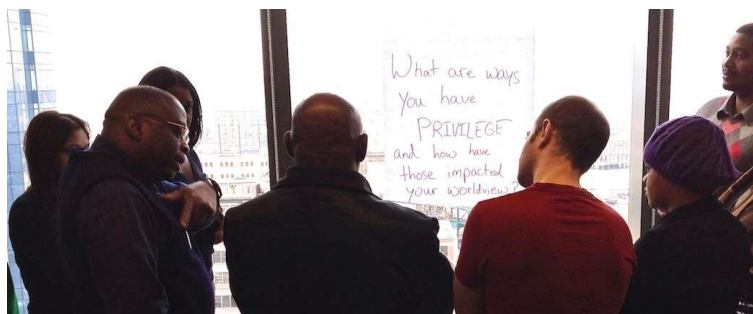


## IPS Core Training Overview

Intentional Peer Support is a powerful framework for thinking about and creating transformative relationships. Practitioners learn to use relationships to see their lives and identities from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. IPS is used across the world in settings ranging from peer-run programs to traditional human services. We come from a history of grassroots alternatives that focus on building relationships that are mutual, explorative, and conscious of power, discrimination and oppression.



For nearly twenty years, IPS has been inspiring and training people in community, peer support, and human services settings all over the world to be intentional about the way they connect and build mutual relationships. Based on Shery Mead's book, [Intentional Peer Support: An Alternative](#)

[Approach](#), our Core Training is a 5-day introduction to this innovative framework and is designed to have you practicing right away. In a highly interactive environment, participants learn the tasks and principles of IPS, examine assumptions about who they are, acknowledge our histories of oppression and trauma through a lens of 'what happened' and explore ways to create relationships in which power is negotiated, co-learning is possible, and support goes beyond traditional notions of "helper and helpee" IPS is all about opening up new ways of seeing, thinking, and doing, and here we examine how to make this possible within our communities.

*"If I had only a single training to send staff, it would be IPS without hesitation. A must for anybody currently in this field or aspiring to be. To characterize it as a training is a disservice. It was a life-changing event."* - Jack Bennett, Regional Director, Hudson Valley Recovery Center

*"A life-changing, perspective-altering, mind-opening experience. I now have the tool kit I instinctively knew I needed."* - Llewellyn Cumming, Regional Recovery Specialist

[More Testimonials](#)

*Next Page*

The IPS Core Training is for anyone interested in mutual support and has been widely used as a foundation training for people working in both traditional and alternative mental health settings. Specific topics covered include:

The 4 Tasks: Connection, Worldview, Mutuality, and Moving Towards	The 3 Principles: From Helping to Learning, Individual to Relationship, Fear to Hope
History of the Mad Movement and IPS	Listening from a Position of Not Knowing and For the Untold Story
Rethinking Old identities, Roles and Ways of Relating	Moving Towards Shared Risk and Responsibility
Understanding the Impact of Trauma	Moving Beyond Problem Solving
Examining Power, Privilege and Oppression	Negotiating Boundaries and Limits
Navigating Challenging Scenarios	Looking at Crisis as an Opportunity
Talking about Suicide and Self-harm	Sustaining IPS through Co-Reflection

During the Core Training participants learn to:

- Seek ways to connect, become aware of disconnects, and work to reconnect
- Understand the history, successes and challenges of LGBTQ+ movement
- Explore how we have “come to know what we know”
- Strive for mutuality in relationships
- Stay curious, question assumptions, and own judgements and opinions
- Open up new ways of listening
- Use experience to relate and build trust
- Name and negotiate power in relationships
- Approach crisis as an opportunity to grow
- Share risk and responsibility
- Focus on the quality of relationships instead of fixing one another
- Pay attention to the impact of clinical and labeling language
- Understand how trauma affects lives
- Keep the energy in relationships moving towards what we want
- Understand peer support in the context of social change and social justice