

## **Establishing Resources for Support and Supervision**

**Your name:**\_\_\_\_\_

**Peer Support Person:**\_\_\_\_\_

### **Introduction**

The curriculum over the next 2.5 years covers a significant range of topics in the pre- and peri-natal field. In spite of best efforts to titrate and deliver the content in a way that supports optimal learning and integration, there are times when the material itself will be personally challenging. This will be due in part to the fact that sometimes you will not be able control when you explore the particular subject in the module.

It is generally agreed that families who are in the pre- and peri-natal period of their lives need special support in order to foster optimal growth and health for themselves and their children. Similarly, because of its nature, all of us involved with this training will have special support needs. This exercise is designed for you to explore those needs and make plans for how you can have those needs met.

### **Exercise**

Meet in dyads with another trainee for the purpose of exploring resources for support and supervision during the training and between each of the modules.

Consider your known existing resources and what additional support you may need. The following questions are designed to help you explore your resource needs. After you answer these questions, make a plan for how you will receive that support. One of you, interview their other with these questions. As your partner answers the questions, take notes on what they say.

When you've completed the questions, change hats so that the interviewer becomes the one being interviewed.

After you've interviewed each other, give each other the notes on the answers to the questions. Then each of you, answer the questions in writing. When you are through writing your plan down, re-read it. Then sign and date it. Have your peer support person sign and date it as witness to your plan. When you are done, turn in the signed copy of your support document to Ray. He will photocopy it for his files and return it to you the next day.

### Questions:

1. Your intention for the training: What do you want for yourself by taking this training?

What do you want for yourself personally?

What do you want for yourself professionally?

2. Your intention for this module: What do you want for yourself during this training module?

What do you want personally?

What do you want professionally?

3. What support do you think you will need from **yourself** to support your personal and professional intentions during this training module? Include your spiritual, mental, emotional and physical needs
4. What support do you think you will need from your **peers** to support your personal and professional intentions during the whole training? Include your spiritual, mental, emotional and physical needs
5. What support do you think you will need from your **family and primary relationships** during this module and the whole training? Include your spiritual, mental, emotional and physical needs.
6. What **professional support or supervision support** do you feel you will need during this training? During this module? Include your spiritual, mental, emotional and physical needs.
7. Is there anyone in this training with whom you have dual or complementary relationships? If yes, who are they?
8. What boundaries do you feel you need for yourself with the people you have dual or complementary relationships with? What do you plan to do to support clear and appropriate communication with the people you have dual relationships with in the training?
9. Look back at all these questions. Make a plan for how you will go about getting and receiving the support you need from yourself, your peers, your family, and from professional sources. What do you plan to do in order to receive the support you need during this training module?
10. What support are you willing to give to your peers during the training?