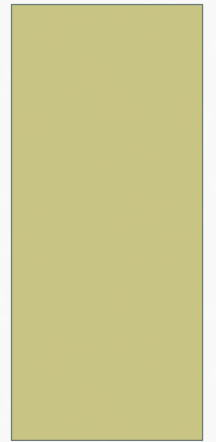


# CREATING SELF AGENCY IN PEERS

THROUGH A SUPPORTIVE GROUP MODEL



# INTRODUCTIONS

Personal peer roles defined within agency as practical tools of interventions related to client care.

1. Define roles.
2. What is self agency?

# SELF AGENCY

- The sense of **agency** (SA), or sense of control, is the subjective awareness of initiating, executing, and controlling one's own volitional actions in the world. It is the pre-reflective awareness or implicit sense that it is I who is executing bodily movement(s) or thinking thoughts.

# THE HEART OF PEER SUPPORT

- Peer support can offer a culture of health and ability as opposed to a culture of “illness” and disability. (Curtis, 1999; The primary goal is to responsibly challenge the assumptions about mental illnesses and at the same time to validate the individual for whom they really are and where they have come from. Peer support should attempt to think creatively and non-judgmentally about the way individuals experience and make meaning of their lives in contrast to having all actions and feelings diagnosed and labeled. Sherry Mead

# HISTORICAL CONTEXT

- The origins of peer work early 1900s
- The madness movement of the 60s and 70s
- Mary Ellen Copeland and WRAP

# CREATING SELF- AGENCY (GROUP STYLES)

- Curriculum (Pathways )
- Topic (Mind fullness)
- Open forum (Social / Recreational)

# MINDFULNESS MEDITATION

- Sample group closing exercise

OPEN DISCUSSION

THANK YOU