



PSA Behavioral Health Agency

Peer Support Specialist Training (PSST), Course Certification Outline

(revised 6/2016)

Orientation: Introduction to PSA's PSST; Course Schedule; PSST Course Workbook

Day 1: Hope & Recovery; Role of CPSS; History of Mental Illness Treatment; Stigma

Day 2: Trauma: ACE Test; Trauma Informed Care

Day 3: Communications Skills; Active Listening; People First / Recovery Language

Day 4: Motivational Interviewing; OARS; Process of Change; Stages of Recovery

Day 5: Constructive Dialogue; Conflict Management

Day 6: Personal Motivation; Empathy/Sympathy; Learned Helplessness; Prep Stories

Day 7: Disclosing/Sharing Our Personal Stories as it Relates to Peer Support

Day 8: Ethics & Boundaries; Mutual Responsibility; HIPPA; Mandatory Reporting

Day 9: Safety; Neg. Self-Talk; Self-Care; Stress in Workplace; Compassion Fatigue

Day 10: MOVIE: "The Soloist" with Discussion of Ethics and Boundaries

Day 11: Family Support Services with Barbara DiClemente

Day 12: Mental Disorders; Medications; Alt. Approaches; 8 Dimensions of Wellness

Day 13: Strengths Based Approach; Resiliency; Resiliency Quiz

Day 14: Psychosocial Rehabilitation

Day 15: Advocacy; Americans with Disabilities Act (ADA)

Day 16 & 17: Documentation; Treatment Plans; Progress Notes

Day 18: Course Review; Exam; GRADUATION!