

Appendix F: Reflective practice framework for peer supporters

Reflective practice framework for peer supporters

Session date: _____

Session time: _____

What was discussed within this interaction? What was initiated by the participant? What topics were initiated by you? What are the strengths, goals and challenges of the person you are supporting?

What were your thoughts and feelings during this interaction? What did you feel at the start? Did your feelings change throughout the interaction? Are there factors that might have influenced your perception of this interaction (such as gender, race, demeanour, etc.)? Have your thoughts or feelings changed since the interaction finished?

What is your evaluation of the interaction? What do you think went well? What did you struggle with and why? Do you notice any patterns of behaviour in the participant that you are supporting? Does your perception of the role with the participant align with the participant's perception of your role?

What outcomes occurred as a result of the interaction? Is there anything on which you want to follow up in a future session? Do you think that the participant is content with the progress being made? Why or why not?

Which values of peer support did you demonstrate effectively? Are there any values that you went against, or didn't demonstrate to the best of your abilities? Which ones, and how might you demonstrate those more in the future?

What have you taken away from this interaction? What specifically worked well that you might be able to try again in the future? What would you change about this interaction and how can you use that knowledge moving forward? Is there anything you need to follow up with my manager/supervisor about?

Actionable next steps (if any):
