

Community of Practice (WHW SS)- Peer Support 23/07/2020

Notes from Discussion - 8 participants

Topic for discussion - How do we provide ongoing support post-crisis?

Peer Support / Mentoring Discussion *What do we want this to look like?*

How do we provide ongoing support, post-crisis?

- Trends/patterns
- Challenges
- Successes
- Training opportunities?
- Case review?

As practitioners, what are our concerns?

- Compassion Fatigue/Burnout/Vicarious Trauma



Discussion around the end goal of WHW SS.

- The reality of the work 'not being crisis' is misleading as it is not either/or but a continuum or degree to which the client is in crisis.
- Often doing both crisis work and post crisis so can be challenging finding the balance.
- Can help to focus on purpose and goals - looking forward.
- Following the client - Meeting them where they are at.
- Inviting clients to look at meaning and values that they may never have had an opportunity to look at previously.
- Exploring family of origin
- Strengths based work
- Exploring parenting as well.
- Offering options that may not have been possible previously.
- "futurizing"
- Sometimes before futurizing, can be working on the present first.
- Being conscious of not needing to achieve all goals

Discussion around starting the conversation about strengths and values.

- Need to be aware that many women have little or no opportunity to explore these issues.
- Starting this conversation can begin with actions and then demonstrating what these values mean.

Is our work practical still than therapeutic?

- Post crisis work tends to be more theoretical than practical as women tend to be more resourced in being able to own the practical elements.
- Women have been requesting more assistance in working on self and future.
- There was some surprise to services coming into WHW spaces that have been less practical support required and now rethinking their approach.
- Some practical issues have been more focused on how to manage emotions in situations like court.

******Notes incomplete as my recording of this session is corrupted -
Apologies*******