

PEER SUPPORT ACADEMY 20-HR BASIC TRAINING

OVERVIEW

Learn the fundamentals of being an effective peer supporter from cross-trained firefighter counselors with “lived experience.”

Includes mental and physical self-defense. Active wear dress code. Stay Hydrated. Clinicians encouraged to attend. Prerequisite to attend Peer Specialist Academy Class.



TRAINING

- ▶ How to Be An Effective Peer Supporter
- ▶ Mental and Physical Self Defense
- ▶ Ethics and Confidentiality
- ▶ Critical Incidents
- ▶ Stress Management
- ▶ Strategies for Staying Mentally Fit
- ▶ Suicide Awareness
- ▶ Family Support

COUNSELORS

Kelli Gilchrist

(Denver FF), LPC, NCC

Matthew Carlson

(ret. FF), LPC, LAC, PhD Candidate

SPONSORS

Building Warriors
Boulder Fire-Rescue &
Boulder Rural FPD
Louisville FPD
Foundation 1023



REGISTER

Contact

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COST

\$250

limited
scholarships
available

WHEN

October 27th - 29th
2017

6:00pm – 9:00pm (Fri)
8:30am – 4:00pm (Sat/Sun)

WHERE

Boulder Regional Fire
Training Center

6055 Reservoir Road
Boulder, CO 80301