



AS A FRAMEWORK FOR BUILDING COMMUNITY

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www.intentionalpeersupport.org



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**Intentional Peer Support: Foundation for Various Roles in Support, with Angel Prater- FolkTime Executive Director- [aprater@folktime.org](mailto:aprater@folktime.org)**

IPS National Trainer of Trainers, Oregon Statewide Trainer and Official Oregon (IPS-OR) HUB Designee

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*What is Intentional Peer Support?*

*Intentional Peer Support is about creating relationships where you and I can together take a bigger look at how we've learned to operate in the world.*

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**THREE PRINCIPLES AND FOUR TASKS**

From Helping to Learning  
From Individual to Relationship  
From Fear to Hope

Connection  
Worldview  
Mutuality  
Moving Towards

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Helping to Learning:

Individual to Relationship:

Fear to Hope:

Connection:

Worldview:

Mutuality:

Moving Toward:

### CHALLENGES

- *Crisis as Opportunity*
- *Conflict: Holding Multiple*

### SUSTAINING

- ❖ *Co-Reflection*
- ❖ *Giving & Receiving Reflective Feedback*
- ❖ *Values & Competencies*
- ❖ *Focus Plan for Ongoing Practice & Integration*

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