

Designing a Research-Informed Training Curriculum

Skills for Expanding Expertise in Peer Support (SEEPS)

Research · Curriculum Development · Learning Design · Training Facilitation

The Challenge

Translate research and lived experience into practical, engaging education for young adult peer support specialists.

My Approach

Integrated qualitative research, scientific literature and practitioner perspectives to develop a 12-session curriculum combining accessible instruction, applied activities and reflective learning. The curriculum was delivered to 40 peer support professionals through 24 hours of facilitated training. Participant feedback and pre/post surveys informed evaluation of learning outcomes.

Deliverables

A 12-session curriculum, workbooks, presentations, reflective practice tools, supervision resources and a core skills framework, guided by a theory of change linking learning activities to intended outcomes.

Selected Work Samples

Session	Learning Focus	Sample Activities
1. Identity, roles and boundaries	Peer role, identity and intentional sharing	Identity wheel exercise, paired introductions and guided reflection on personal boundaries.
2. Empathy and burnout prevention	Empathetic communication, difficult conversations and resilience	Role-play, group discussion and reflection
3. Empowerment and decision-making	Self-advocacy, power dynamics and supporting young people's choices	Role clarification and small-group discussion

Youth Peer Support Training

Curriculum Design

Examples of research-informed learning objectives, interactive activities and practical exercises.

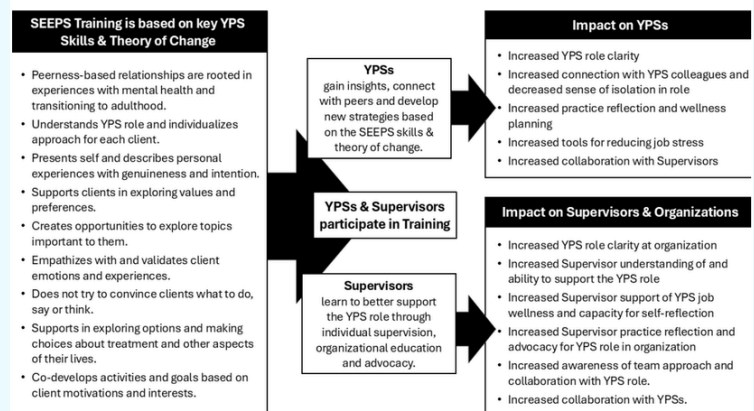
Task or Responsibility (examples)	Is this part of my role (yes, no, or unsure)?	If no or unsure, how can you gain clarity or address the situation?
Meeting with clients	yes	
Sharing about my lived experiences with my team	unsure	Discuss the situation with supervisor when it comes up
Educating my team about harm reduction	yes	
Case management	unsure	Review tasks with supervisor
Hospitalizing clients	no	Informing coworkers
Providing emotional support to coworkers	no	Respectfully setting boundaries when a situation feels imbalanced

Participant workbook designed to reinforce training concepts through guided reflection, applied exercises and tools for developing peer support skills.

[View Training Companion](#)

Session	Learning Focus	Sample Activities
1. Relationships and reflective supervision	Boundaries, workplace resilience and supervision	Scenario-based reflection and group brainstorming
2. Burnout prevention and workplace support	Empathetic supervisory practices, burnout prevention and accommodations	Case vignettes and reflective exercises

Peer Support Supervision Training



Theory of Change

Framework connecting research-informed competencies, learning activities and intended outcomes.

Read Related Publications:

["Relational complexity of the near-age Peer Support provider role in youth & young adult community mental health settings"](#) (2024).
["A theory of change for one-on-one peer support for older adolescents and young adults"](#) (2024).