

Transforming Relationships to Inspire Social Change: An Intentional Peer Support Primer

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The Psychiatric Survivor history spans almost 400 years. This four-hour presentation begins with an exploration of the rich history of the humble beginnings of a powerful movement, and how it intersects with the Civil Rights Movement. How does “otherness” fit? And how can movements come together to create lasting change?

We will then explore how relational healing provides a foundation for lasting change within the society that we live. How does Intentional Peer Support, a relational model developed by Shery Mead for Psychiatric Survivors, affect social justice by creating social change within relationships?

Through the practice of Intentional Peer Support, learn how to connect with people through struggle and discomfort, without acting on the desire to ‘fix’ the situation. Learn ways to explore the culture and worldviews of your own and others, and how they influence the relationships that we can and do have.

The negotiation and renegotiation of power is integral in the sustainability of relationships and social change. How do we recognize the power that we have and start to balance it? What impact does trauma have on our relationships, and how we hold power with ourselves and others?

And last but certainly not least, are there ways we can move towards are forgotten hopes and dreams, or maybe dreams we didn’t know we had? Can we do this without getting bogged down in fixing the ‘problems’ that we face?

Please join us for this four-hour presentation that provides a dynamic and reflective overview of relationships and social justice.