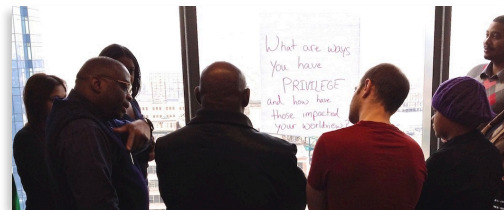


## 3 Steps for your Organization to Practice IPS

Intentional Peer Support is a way of thinking about and creating transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. For many people, learning IPS is life-changing.

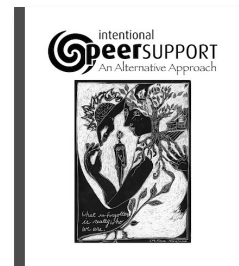


IPS is used across the world in community, peer support, and human services settings. Like a martial art or learning to play music, IPS is a practice that requires both reflection and ongoing up-skilling in order to be effective. Here's how to get started...

### First Step: Core Training

**The first step to implementing IPS is to arrange a Core Training.**

Based on Shery Mead's innovative curriculum, [Intentional Peer Support: An Alternative Approach](#), our 5-day Core Training is an extensive overview of the IPS framework and is designed to have you practicing right away. In a highly interactive environment, participants learn the IPS tasks and principles, examine assumptions about who they are, and explore ways to create mutual relationships where power is negotiated, co-learning is possible, and support goes beyond traditional notions of 'service'. Our Core Training is for anyone interested in mutual support and has been widely used as a foundation for people working in both traditional and alternative mental health settings. [MORE ABOUT THE CORE TRAINING](#)



*“If I had only a single training to send staff, it would be IPS without hesitation. A must for anybody currently in this field or aspiring to be. To characterize it as a training is a disservice. It was a life-changing event.”*

- Jack Bennett, Regional Director,  
Hudson Valley Recovery Center

[MORE TESTIMONIALS](#)

## Second Step: Co-Reflection

**The second step to implementing IPS is to practice Co-Reflection.**

IPS requires an ongoing commitment to learning and growth. To achieve this end, we developed co-reflection, a practice where people regularly come together to reflect on their relationships using the IPS framework. Here is an opportunity to examine relational patterns, look at assumptions, and sustain the tasks and principles. Our Core Trainings gets you started with Co-Reflection, and our Advanced Trainings help you master it. We are available to consult with and mentor organizations practicing IPS to integrate co-reflection into their workplace culture. [FREE CO-REFLECTION GUIDE](#)



art by [bethfilson@gmail.com](mailto:bethfilson@gmail.com)

**RESEARCH?** *Second Story respite uses IPS, and in a recent study its guests had a 70% reduction using in-patient/emergency services.* [LEARN MORE](#)

## Third Step: Advanced Training

**The third step to implementing IPS is to explore Advanced Training.**

Once people complete a Core Training and begin practicing IPS, lots of questions emerge—most commonly, “How do I make this stuff work in my particular environment?” Our 3-day Advanced Training takes IPS practice a step further. Here we learn to heighten self-reflection, work through the principles and tasks using real-life scenarios, enhance ways of building mutual connections, and sustain the practice through Co-Reflection. With a focus on crisis as opportunity, we also explore how to navigate conflict and challenging scenarios, develop flexible boundaries, use pro-active crisis planning, act trauma-informed, and prepare for program evaluation. The Advanced Training is for graduates of Core Trainings and is customized to your organization’s needs. [MORE ABOUT THE ADVANCED TRAINING](#)

## Moving Towards IPS Sustainability

**Develop IPS Organizational Trainers to pass on the Core Content within your organization.**

Through our 5-day Train-the-Trainer Course, we’ve designated hundreds of IPS Organizational Trainers to teach the full content of our Core Training where they work. Having Organizational Trainers in your organization ensures that IPS is passed along and sustained beyond training. [MORE ABOUT DEVELOPING TRAINERS](#)



**CONTACT US:** [info@intentionalpeersupport.org](mailto:info@intentionalpeersupport.org)