



IPS co-reflection is a practice developed for people who have attended Intentional Peer Support core training to reflect upon our practice. The term “IPS co-reflection” is used for that purpose.

The term co-reflection extends beyond Intentional Peer Support practice and that the structure of co-reflection is helpful for people in many settings.

People are free to use this structure below but we ask that the distinction is made between “IPS co-reflection” and “co-reflection” to attendees.

### **IPS co-reflection format**

As Intentional Peer Support grows we are aware that more co-reflection is now being offered so that participants can continue to reflect on their practice beyond an IPS core training. Co-reflection is for people who have attended core training and usually will run from an hour sometimes up to 3 hours depending on the group size and format. IPS Central has found 90 minutes to be a good sweet spot with the timing.

There are many [resources](#) (including videos and guides) we suggest you become familiar with and refer to if you are facilitating IPS co-reflection.

Below is a suggested format for facilitators to use when they are running a co-reflection group.

- Open by inviting a couple of participants to share a quote, saying, poem. Facilitators should have one prepared in case no one in the group shares one.
- Check that all attendees have completed the core training - IPS co-reflection is for people who are core trained.
- Starting with a short “what is co-reflection” overview is helpful and can set up the space and remind people of the intention - ask who has been to co-reflection before?

Sample script: *“IPS coreflection is for people who have completed the core training and want to continue to embed this approach in their relational practice. It is about building on our IPS practice together through the process of learning-practicing-reflecting. Co-reflection is designed to model peer to peer relationships so we will be practicing the tasks and principles of IPS. We hope this practice will lead to increased levels of personal development that can deepen our relationships.”*

- Discomfort agreement: If this is a group you work with often we suggest you have a discomfort agreement you check in with each co-reflection session. If it is a group who don't know each other (such as with an IPS Central pay per seat co-reflection) you might want to just cover and invite people to share a few of the group needs here. Some examples - *confidentiality (keep the stories here, take the learnings), be open to different perspectives/ worldviews. There are no experts, we are all here as fellow learners, any others?*
- **If online, share some of the tech requests:** Ask participants to mute when not talking, tell people they are welcome to use reactions/ chat. Ask that videos are on to maintain the connection with and between each other (accommodations can include asking for participation in another way such as using audio & chat not video) Remind people of the rename function and invite people to share/ add their pronouns (more information for you on pronouns [here](#)). Take it in turns to talk, you can ask people to put their hand up or you can call on participants to share to ensure everyone has the opportunity to contribute.
- The sessions are live, interactive and for people to receive a certificate of attendance (some for statewide certification) participation is expected for the full session. Observing a co-reflection is not enough to receive a certificate so as a facilitator you should invite all attendees to share by doing a full check in and check out round (with a reflective question). Calling on all participants by name, or [putting all participants in the same order](#) (note you need to switch the order of two participants before this feature can be activated) can encourage participation
- **Introductions** - name, pronouns, who are you, where are you from and something that inspires you about peer support (or something you might find interesting to know about me). Do a round, ask someone to start then they call the next person etc until everyone has checked in. Use this time to note down attendees as you should retain and share with IPS Central or the contracting organization your attendee list.
- If online, have the waiting room enabled - after the check in round is complete, it is best not to let new/ late attendees join as it is disruptive. You can message them in the waiting room to let them know the session is already underway and the room is locked (this is usually 15 mins in). This is a better option than locking

the room as it means people who get bumped off for any reason are able to enter.

- **Facilitator introduction** - who am I, where am I from, connection to IPS and something that inspires me about peer support (or something you might find interesting to know about me) A bit about what brought me here. Keep this to 3 minutes or less for the full check-in round ideally.
- **What is one thing you want to get out of today's session** - popcorn or can type in chat. Read out any chat comments. This is a great way to set the intention and the agenda for the session. It should not include operational discussions but should be focused on practice and relationships.
- **DISCUSSION ROUND:** Some suggestions - *What is a positive/surprising connection or reconnection you have had recently you can share with the group? Where was the learning from this connection? What is an example of mutuality in your current relationships? ? What are some of the challenges of practicing IPS in your community?* (you can also use the IPS core co-reflection questions from the slides/ training manual) Always start with a positive “what is working well?” discussion round before moving onto any “challenges” questions.
- **FINAL SESSION TIME:** *Are there any particular topics people would like to cover today? Something you would like to share to invite the group to reflect on?* (It can be helpful at this point to remind people not to jump into problem solving, fixing or advice giving - validate and relate, be curious) Invite one or two discussion topics. Check the time you have left and allocate time for each question/ topic..
- *What is one thing you are taking away from today's session?* Do a closing round- invite all participants to share.
- **Final thoughts or reflections**
- Harvest/Compost- Any thoughts on what worked well or other possibilities for this CoReflection
- If this is an IPS Central run co-reflection and anyone needs a certificate of attendance, ask that they email [info@intentionalpeersupport.org](mailto:info@intentionalpeersupport.org) with the date and facilitator of the session. Hubs/ local level co-reflection sessions are not issued IPS Central certificates.
- If time, you might close off with a quote, poem/ saying etc

#### **Ideas for quotes:**

- ***“Fall seven times, stand up eight”*** (Japanese proverb)
- ***“Imperfections are not inadequacies; they are reminders that we’re all in this together.”*** Brene Brown
- ***“If you have come to help me you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work***

**together.**” This popular quote was crafted by a group of Aboriginal rights activists from Queensland, Australia in the 1970s.

- **“As peer support in mental health proliferates, we must be mindful of our intention: social change. It is not about developing more effective services but rather about creating dialogue that have influence on all of our understandings, conversations and relationships”** (Shery Mead, SAMHSA Webcast 2010).
- We are collating some quotes in [a shared folder](#) so you can share some with us to add to our resources.
- Here are some other resources which are visual and shareable - <https://www.interruptingcriminalization.com/imagination>