

Relief self-management workshops

Recommended profile of workshop co-facilitators

Who can facilitate the workshops? Applicants must meet a combination of criteria based on their experience, training, previous participation in training courses offered by Relief, and their qualities and competencies. The workshops have been designed to be given by co-facilitators, allowing for complementary profiles.

The facilitators must also work for an organization that serves clients with an anxiety or mood disorder.

Professional experience:

Ideally, applicants should have at least one year of experience working with people with an anxiety or mood disorder.

Professional training:

The workshops can be facilitated by professionals or by employees of organizations that serve clients with an anxiety or mood disorder:

- Psychologists
- Social workers
- Career counsellors
- Occupational therapists
- Nurses
- Psychoeducators
- Sexologists
- Certified peer support workers
- Other trained mental health workers

The term “other trained mental health worker” refers to a person with recognized training and professional experience in mental health interventions.

Mandatory Relief training:

The one-day self-management support training offered by Relief is mandatory for facilitating the workshops.

Co-facilitators' qualities and key competencies:

- Familiarity with anxiety and mood disorders
- Strong intervention skills
- Excellent teamwork skills (co-facilitation)
- Familiarity with the mental health network and local resources
- Ability to assess a person's urgency and suicide risk, and to intervene accordingly
- Ability to adapt to various issues that might arise in a group setting
- Ability to demonstrate humility and respect, and to acknowledge the abilities and subjective experience of individuals with a mental illness
- Ability to empathize and recognize the intrinsic value of individuals with a mental illness

Co-facilitation and complementary profiles:

The workshops have been designed to be given by co-facilitators, namely two people with the recommended profile who have received training from Relief. The quality of the intervention is likely to be improved by co-facilitators with complementary or diverse profiles.