

An illustration of four people sitting in a circle on chairs, engaged in a discussion. A woman on the left with glasses and a white sweater is gesturing. A woman in the center with long dark hair and a green top has her arms raised. A woman with blonde hair is seen from the back, sitting on a chair. A man on the right in a light blue shirt is gesturing with his hands. There are four speech bubbles: one above the woman with glasses, one above the woman with her arms raised containing a floral arrangement, one above the man, and one above the blonde woman. A horizontal line crosses the middle of the scene, and a vertical line is on the right side.

# CLL Patient Peer to Peer support

First Meeting

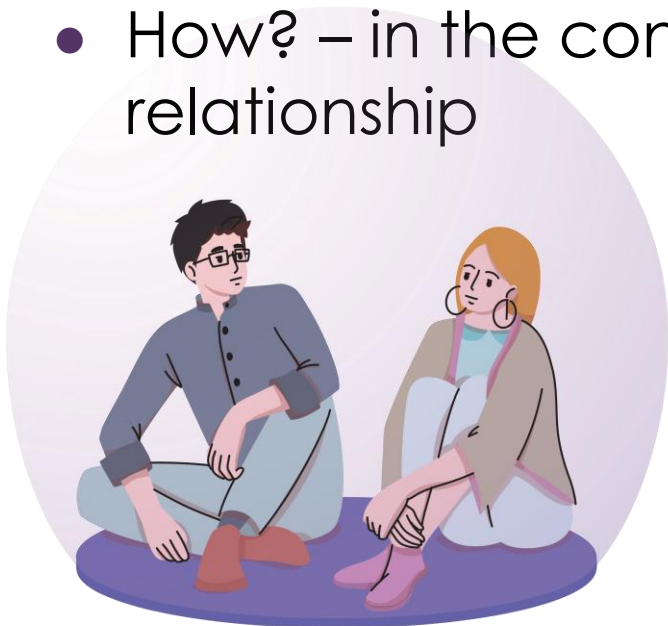
# Aim of session

To discuss:

- What is peer support?
- What are the different models of peer support?
- What is the effect of peer support?
- What are some of the differences from professional support?
- Who is the ideal supporter?
- Experience of 1<sup>st</sup> session and close

# Peer support

- What is it? - the act individuals with similar experiences engage in
- What are they doing? – give each other encouragement, hope, help, guidance, and understanding
- How? – in the context of a mutually supportive relationship

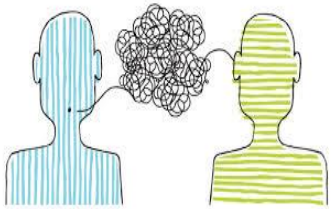


# Models of peer support



## Mentoring – The mentor

- Positive role model
- Friend



## Listening – The listener

- Active listening
- Confidentiality



## Educating – The educator

- Knowledge
- Experience

# Why set up such a peer support network?

- Nobody understands the needs of a CLL patient than someone who has experienced CLL
- Peer support complements professional help
- Currently, there is no network for patients with CLL
- Successful examples (e.g. Breast cancer charity operating in Greece)

# Positive impact of peer support

Journal of Psychosocial Oncology >

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Original Articles

## A Review of Peer Support in the Context of Cancer

Dr. Jeff Dunn PhD, Ms. Suzanne K. Steginga BBehSci (Hons), Mr. Nicholas Rosoman BPsych (Hons) & Mr. David Millichap DipT

Pages 55-67 | Received 01 Sep 2001, Accepted 07 May 2002, Published online: 17 Oct 2008

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‘peer support programs help by providing emotional and informational support from the perspective of shared personal experience’



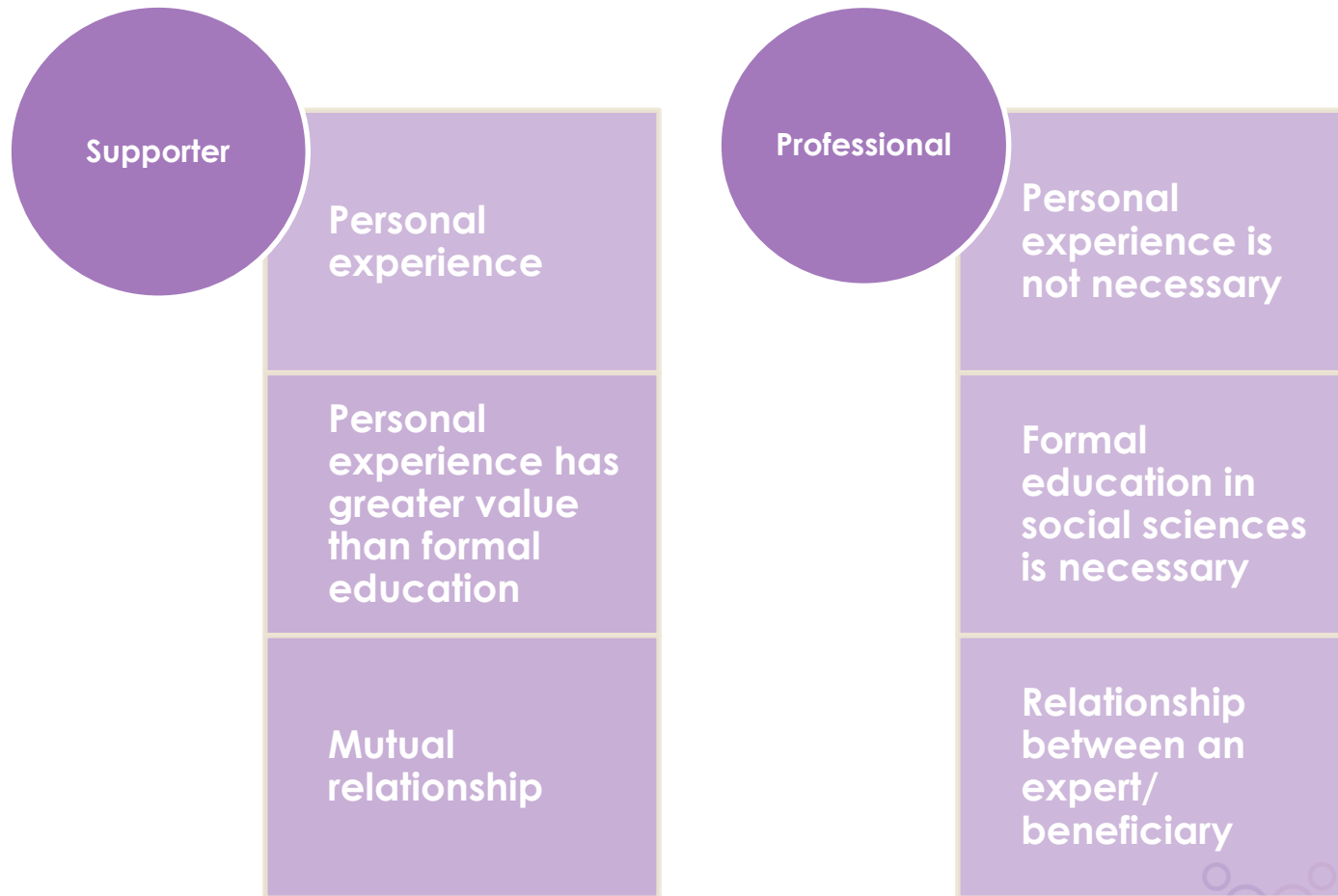
# Exercise 1

Split into pairs and confer:

- What should be the goal of peer support?
- How does it differ from helping out a friend?
- How does it differ from professional counselling?

Record keeping and discussion

# Differences from professional help





## Exercise 2

Think of a person in your life with whom you discuss all of your problems.

- What are his/her characteristics?
- What are his virtues?

Record keeping and discussion

# The ideal supporter

- Good listener
- Non judgemental
- True
- Empathic
- Accepting
- Respectful



# Close

- Expectations vs. experience of 1<sup>st</sup> session
- Challenges ahead
- Food for thought

This leaflet was created within the context of the "Patient Empowerment" Program, which is designed and implemented by the Institute of Applied Biosciences at the Center for Research and Technology Hellas (INAB|CERTH) and approved by the Hellenic Society of Haematology (HSH) and the European Research Initiative on CLL (ERIC).  
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