BECOME A RESILIENCE PEER!

Become a Resilience Peer and receive training by UCLA psychologists to provide individual and group support for empirically validated i-cognitive behavioral therapy.

Learn and practice:

• Active listening & empathic responding
• Boundaries, privacy, and ethics
• Applied positive psychology principles and resilience skills
• Counseling & motivational support for iCBT engagement
  • Mindfulness approaches

Students who successfully complete the initial 9-week training will be eligible to facilitate group and one:one interventions for students with mild to moderate anxiety, depression, and stress. Resilience Peers additionally complete Mental Health First Aid Training, QPR Suicide Prevention Gatekeeper Training, and CARE Certificate Training, and become eligible to participate in the Resilience Peer Network’s prevention, stigma and bias reduction, and early intervention programs.

The program requires a two-quarter commitment starting in Winter Quarter.

If interested, please send an email to: egongguy@saonet.ucla.edu. Please indicate your degree program, year, and a brief statement regarding your interest in joining the program.