

“Social Cognitive Theory: Why Peer to Peer Modeling in Peer Visits, Support Groups, and Family Class Helps Trauma Survivors Heal”

Presented By:

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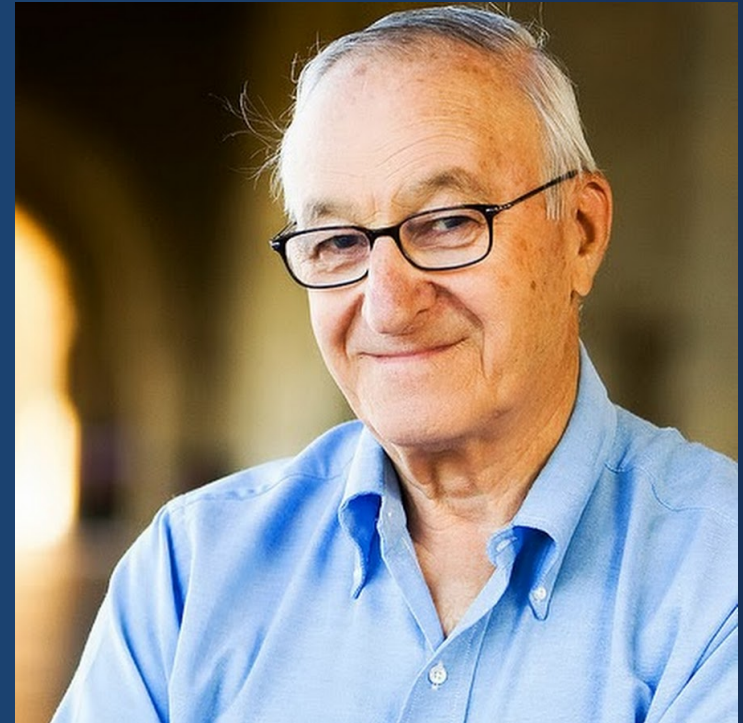
Webinar Agenda

- What is the Theory and Evidence Base behind Peer to Peer Support?
- How does the Trauma Survivors Network incorporate Peer to Peer Support in both inpatient and outpatient services?
- Hear from a TSN Peer Visitor how she shares her own survivor story to help others heal.



What is the Theory and Evidence Base behind Peer to Peer Support?

- **Albert Bandura (1925-)**
- **Social Learning Theory (1977)**
Social Cognitive Theory (1986)
- **SCT stresses the value of observational learning and role modeling in a social environment**
- **Bandura concludes there are mental/cognitive factors occurring between observing a behavior (stimulus) and choosing to imitate it (response)**
- **SCT includes Self Efficacy: a person's confidence level in his or her own ability to complete the task**



Observational Learning and Peer to Peer Support

- 1961 Bobo Doll Study:

Significant study showing that not all behavior is directed by reinforcement or rewards (Skinner/Behaviorism) but also through simply imitating a behavior that has been observed socially

- People who are observed are called “Models” (TSN Peer Visitors)
- Models give examples of behavior to observe and imitate

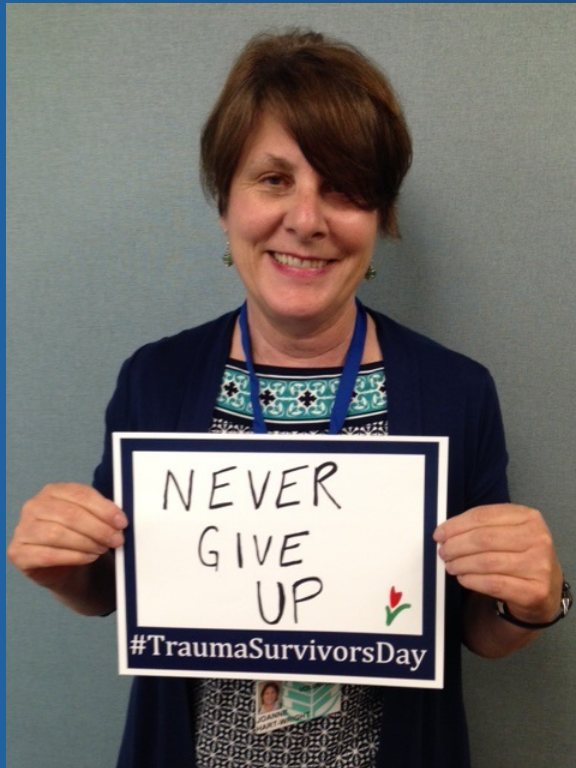


Bandura says some factors *increase* the likelihood that a behavior will be imitated, including:

- Models we admire or see as warm and caring
- When we lack confidence in our own knowledge or abilities
- Models who are similar to us in age, gender, and interests
- Models who receive rewards for their behavior
- When the situation is confusing or uncertain

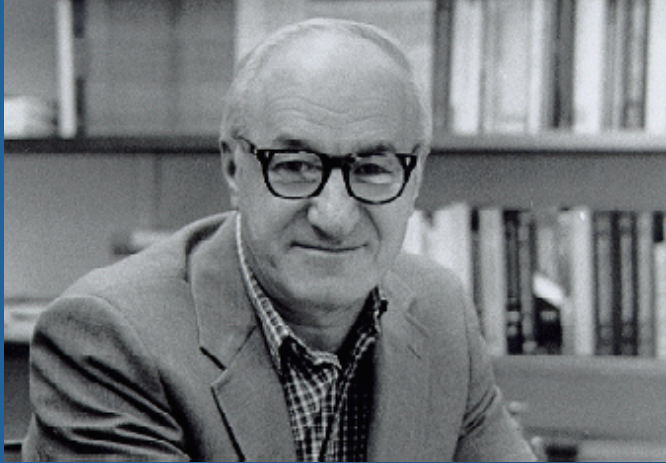


Mediational Processes: A Person's Thoughts that Consider to Imitate or Not



- 1. Attention: Does the model's behavior stand out or grab the person's attention?**
- 2. Retention: Does the person hold a memory of the experience or interaction?**
- 3. Reproduction: Does the person have the physical ability to try to imitate this?**
- 4. Motivation: Do the pros (reward) of this behavior seem to outweigh the cons (cost)?**

What is the Theory and Evidence Base behind Peer to Peer Support?



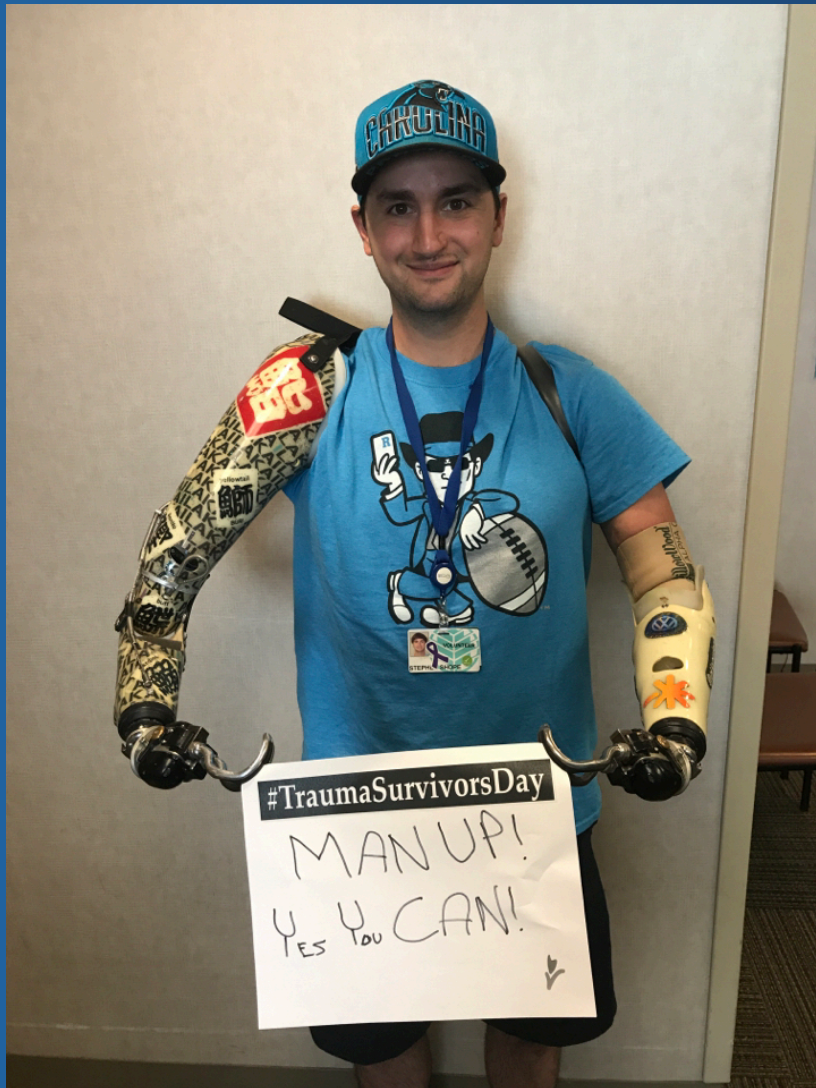
Bandura emphasizes that self-efficacy is a person's belief in his or her own ability to succeed in a certain situation

Four Major Sources of Self-Efficacy:

- 1. Mastery Experiences** (completing a task successfully)
- 2. Social Modeling** (watching a model complete a task successfully)
- 3. Social Persuasion** (Encouragement from others)
- 4. Psychological Responses** (How one interprets his or her own emotional reactions)



Why is Peer to Peer Support so Important?



“People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as threats to be avoided.”
-Albert Bandura

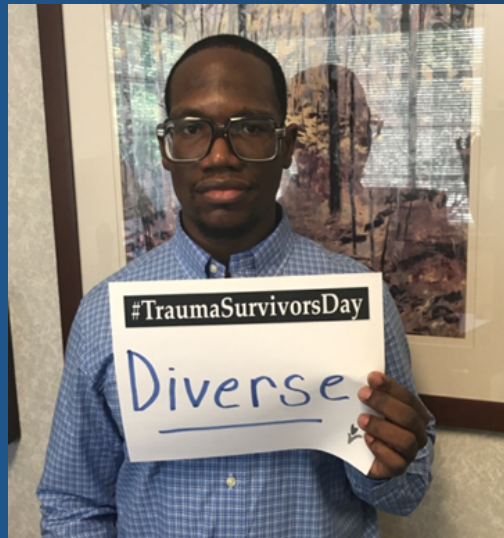
How does the Trauma Survivors Network incorporate Peer to Peer Support in both inpatient and outpatient services?

Inpatient Services:

- TSN Handbook
- TSN Peer Visitation
- TSN Family Class/Snack n Chat
- Training New Peer Visitors

Outpatient Services:

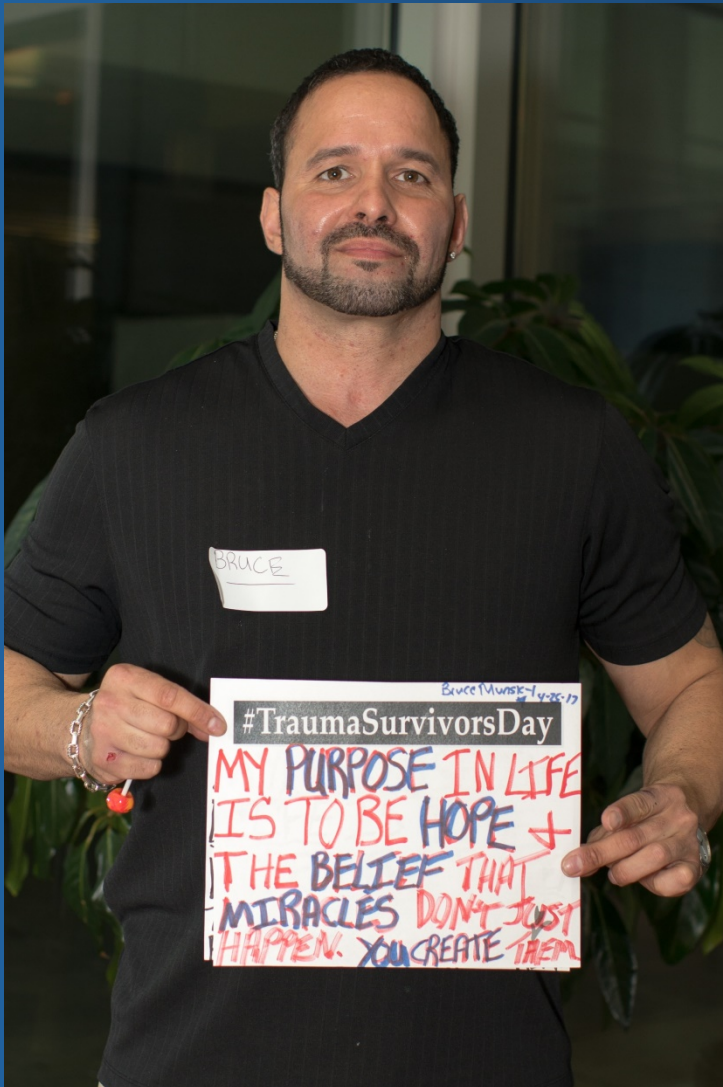
- TSN Website
- NextSteps (online and in person)
- TSN Peer Visitation (over phone or FaceTime)
- TSN Support Groups



Survive. Connect. Rebuild.



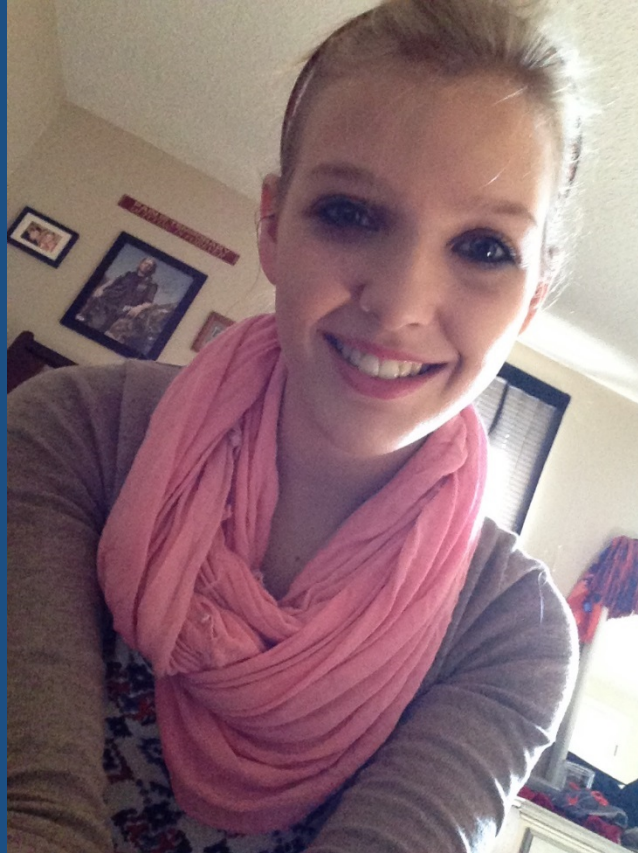
TSN = Peer to Peer Support



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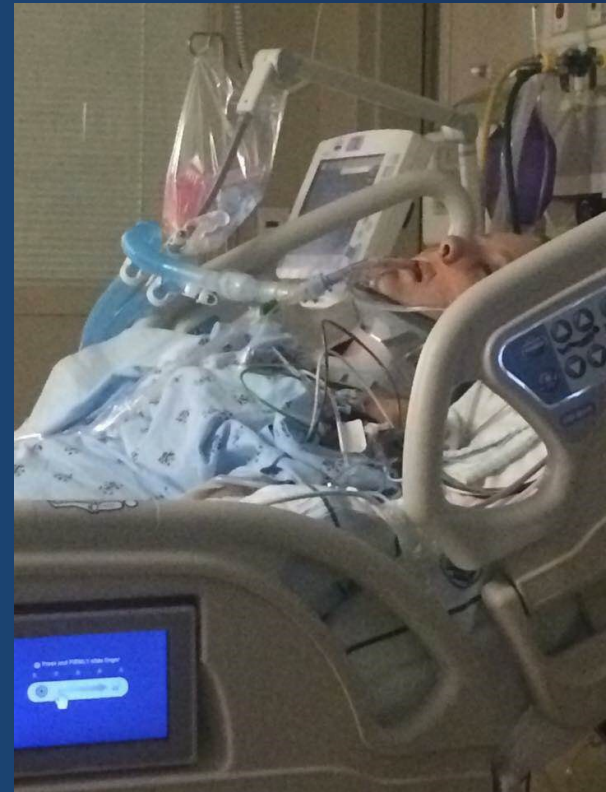


TSN Peer Visitor: Nicole Henderson



Survive. Connect. Rebuild. 

Nicole's Survivor Story



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