

## **TruNTH Prostate Cancer Peer Navigation Training Program**

The UBC Department of Psychology has developed a prostate cancer mentoring program for people who would like to assist those recently diagnosed with cancer.

The training program consists of 20 hours of self-paced learning delivered via 8 modules using a blended learning format of online and in-person activities facilitated by a professional educator and content experts over the course of 6 weeks. The program is delivered via a widely used open source learning management system (Moodle) hosted and supported by Canadian-based eLearning experts (Lingel Learning).

### *How will this course be delivered?*

This course is offered in a blended model, which means some of it will be offered in person and most of it will be offered online. The Navigator trainee will be supported throughout the training by facilitators both in person and online. All participants going through the training will be moving through it together over the same period of time, and will interact with one another as part of the learning process.

### *Expectations of the peer navigator trainees*

This training is designed to be an interactive collaboration between facilitators and participants. To become a Peer Navigator, we ask that you participate actively and enthusiastically in all components of the program. In order for this program to be successful, it is essential that all participants are actively engaged with the content and with one another. The first session for this program will be in person and be an overview of the program and the anticipated outcomes.

This training program is intended to enhance skills in the dynamics of a helping relationship, effective communication, system knowledge and information, among others.

Some of the peer navigator attributes needed:

- Have a commitment to peer navigation and mentoring participants
  - Have a commitment to follow through on navigator responsibilities
  - Demonstrate integrity, honesty, respect, emotional readiness, compassion, and a non-judgmental attitude
  - Demonstrate a positive attitude, warmth, sensitivity
  - Be reliable, supportive (socially and emotionally) and willing to help others
  - Foster independence and self-advocacy in the helping relationship among program participants
  - Remain solution-oriented in interactions with participating patients, families and members of the health care team
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If you would like more information, please call Len Gross at 604-434-2100 or call the facilitator coordinator at UBC Arminee Kazanjian at 604-822-4618.