

What is needed in a training program? The opinion of involved Experts by experience.

Most experts by experiences, involved in the partner institutions, indicated that training is useful and necessary, although not everyone shared the same opinion. On the form and content of these trainings, they share some tips and experiences.

- The training for an expert by experience in mental health care and addiction care (3-year graduate course) is useful. What is most helpful during this training is the opportunity to **learn to use your experiences professionally**. My experiences have taught me a lot in life, but they do not teach me how to best use them to support others. You partly sense things, but you do not want to make the situation worse in the long term, so professional knowledge of psychosocial assistance, communication, etc. is necessary.
- Participating in a **self-help group**, where you **learn to share experiences** is helpful.
- A **mobilization course** as an introduction in the institution of higher education is a good preparation, to get to know the institution, the way of working, the people who work there.
- Could have been part of the internship period for those training to become Expert by experiences.
- Not everybody is a fan of training and it was often stated that training is not necessary
- **Case-based guidance with role-playing** would have been good as a preparation before we meet the students.
- We could make better use of the resources we already have. Courses led by the service user organizations etc.
- The ebe's must train the lecturers as well to be able to work together in a positive and qualitative way.
- It is important that **lecturers understand co-production** because it means that we work together in equal ways from the beginning. We feel supported when we work together.