

## **Checklist: <sup>12</sup>Is training/working as an expert by experience something for me?**

If you're wondering whether working as an expert by experience is right for you, the following checklist, based on questions posed to future experiential workers in mental health care, might help:

1. Do you have personal experience as a patient/client?
2. Are you sufficiently advanced in your own recovery process?
3. Are you intrigued by what drives and motivates people and do you wish to coach them on that personal quest?
4. Do you want to grow as an individual and better connect with what you feel and need?
5. Are you eager to learn how your own experiences can be functionally employed to assist peers on their path to recovery?
6. Do you also believe that Experience Work is an emerging professional field?
7. Do you relish a challenge and pioneering work?
8. Do you also believe in the power of vulnerability?
9. Can you reflect on your own narrative and on what others contribute?
10. Are you willing to engage with your experiences?
11. Are you capable of working collaboratively in a group?

If you can answer "yes" at least three times, pursuing a role as an expert by experience might be something for you.

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<sup>1</sup> Verween, V.G. *Traject Ervaringswerker GGZ* [Powerpoint-slides]. Sociale School Heverlee, UCLL. (Personal communication, 16 October 2023).

<sup>2</sup> Debyser, D.B. *Info-avond: opleiding tot ervaringswerker in de GGZ* [Powerpoint-slides]. VIVES, HOGent, Psyche. (Personal communication, 8 November 2023).