

Experts by Experience on debriefing and aftercare

The experts by experience indicated that **receiving feedback after the session** (debriefing with the lecturer after the lesson, from the service users' organisation, the training organisation,...) is necessary to improve future editions and to know if it had a positive impact on the students. Some examples:

- After the event, a small group of Experts by experience and students share their findings, emotions and experiences in a safe space.
- Informal debriefing with the lecturer by mail, phone, by a meal or a cup of tea/coffee
- Every student wrote a letter to an Expert by Experience after the meeting.

To assess the impact of the intervention, it is useful to **meet the same students several times**. So the experts by experience have deeper knowledge sharing in a **safe class climate**, experience more openness by the students and see the progress in their questions, thinking, work. For a real weaving of knowledges, more courses or meetings with the students seem fruitful.

- Debriefing with the lecturer in the breaks and after every lesson. The lecturer and the EBE notice different things happening in the classroom, on the faces of the students. They can support each other in achieving the learning objectives together.
- Compulsatory feedback of the EBE to students and opposite, after 2 months of working together in the mobilisation course
- A little thank you note from students to the Expert by Experience at the end of the course.

Also **aftercare** is importance as the participation often stirs up a lot of emotions for all parties.

- reception and warm referral for students who were emotionally affected
- A coffee with the lecturer when needed: if experts by experience are emotionally affected by stigmatising questions of students, by telling some heavily charged fragments from one's own life, when painful feelings are revived