## Eating Disorder Peer Workforce Guidelines Appendix C: Sample interview questions (from NEDC, 2019)

Here are some questions that might prove helpful depending on the position’s roles and responsibilities:

* What have you learned from your experience of an eating disorder?
* Has peer support or a peer worker played a role in your own recovery?
* How do you think your lived experience could be useful for someone else who is working through their own recovery?
* How do you think you might use your story in your work?
* What sort of situations do you find difficult or distressing? How do you handle these situations?
* What do you do to take care of yourself?

Reflective questions that can be included in the position description/package to prompt candidates to reflect on their motivations. These can be used as a starting point in initial discussions during recruitment or organisations may choose to employ a “personal essay” style approach as part of their recruitment process. The following questions were developed by (NEDC, 2019, Part C2, pp. 22).

Am I ready for peer work?

The following checklist may help peer work candidates decide if this is the right ‘next step’ for them in their recovery.

* Can I talk about my experience of eating difficulties and the struggles I have been through without being distressed?
* Can I reflect on difficult times and still be available and present for other people?
* Is my physical health stable at the moment?
* Have I learned from my experience of illness, and can I speak about the process of recovery and why it was worth it?
* Am I open to learning new skills like how to effectively facilitate a group and work in a safe way?
* Do I have the time, energy and availability to participate in training, group sessions and debriefing?
* Do I have a support network and self-care strategies in place? Have I demonstrated in the past that I will use these when I need them?
* Do I know my own indicators of risk? Am I able to ask for help or withdraw from the group when I am at risk?
* Am I comfortable with the fact that there is no ‘one size fits all’ way to recover from an eating disorder and that everyone needs to change at their own pace and in their own way? Can I avoid comparisons of ED experiences?
* Am I comfortable with the idea that recovery is always possible while still acknowledging that the process is often difficult and distressing?
* Am I committed to taking care of myself?