Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

2022 Summary, and A Big Thank You to All of You

Greetings!

Happy Holidays!

2022 has been an incredible year for Authentic Trainings LLC!

We survived the COVID shutdown and even did some in-person trainings this year.

It was so wonderful to be with people again.

There were two major highlights to the year aside from regular trainings that I would love to mention.

NYS Probation Officer's Association Conference and Trauma Responsiveness for Criminal Justice Professionals workshop

Lisa Ardner and I presented at the NYS Probation Officer's Association Conference in collaboration with the Varalli Group.

We also developed and hosted a Trauma Responsiveness for Criminal Justice Professionals training that was delivered to various criminal justice professional including the NY Association of Treatment Court Professionals.

We introduced the idea of moral injury and received great feedback regarding the lack of services to help Criminal Justice Professionals deal with the trauma they see, hear, read, and participate in daily on the job.

We feel fortunate that we were able to make people aware of the severity of vicarious trauma and moral injury.

NYS EAP Motivational Interviewing Contract

We also received a NYS EAP contract to train Motivational Interviewing to all NYS EAP coordinators.

This was their first in-person training in 3 years, and we were so happy to provide Motivational Interviewing training to help make their jobs easier.

Everywhere we trained in 2022, it was very evident that people were still hurting. The helpers need help.

As my co-trainer, Lisa Ardner, says, “People are dying on the vine.”

The Struggles of Helping Professionals in 2022

The pivot to working virtually, working from home, and then back to the office came with a high price.

Dedicated professionals are leaving their previously loved careers in droves due to stress, lack of acknowledgment and support, and empathy fatigue.

We heard from people that client/patient needs are so great that they cannot keep up.

The level of trauma that patients are experiencing is causing vicarious trauma in the providers.

Many helpers suffered moral injuries during the height of COVID.

They were forced to do things against their values, like not allowing family members to be with dying loved ones.

Staff shortages and high caseloads make it impossible to feel like you are doing your best.

The Opioid epidemic continues to increase as the drugs get even more potent. There doesn’t seem to be a ceiling on the potency of drugs on the streets.

Each death affects millions of families, friends, providers, and acquaintances with no end in sight.

These tragedies create a recipe for burnout, depression, anxiety, vicarious trauma, and a mass exodus from desperately needed jobs.

I want to thank every one of you.

You did your best during extraordinary times.

You are heroes in my book.

I am so grateful to be on this journey with all of you.

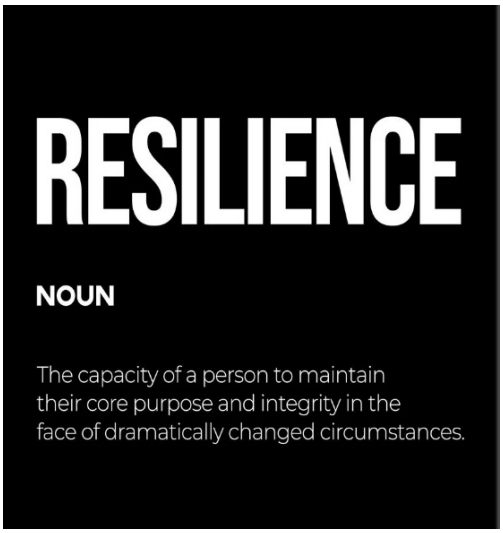
Wishing you every blessing and continued learning and growth in 2023.

Many blessings,

Sandy

PS. Keep reading below for helpful ways to increase resilience in the New Year and upcoming trainings. ⬇

Resilience in the New Year



2023 will continue to come with changes and needed strategies for resilience.

Motivational Interviewing

Motivational Interviewing focuses on partnership, acceptance, compassion, and empowerment.

Recognizing the absolute worth of every human being allows providers to see themelves as partners, not savios.

This mindset change takes the pressure off the provider to feel like they have to “fix them.”

Affirming their autonomy to make their own decisions allows individuals to accept the knowledge that you have for them.

Most of us can accept suggestions more easily when we feel it is our choice.

Practicing Radical Acceptence

Seeing clients/patients through the lens of radical acceptance and believing they have everything they need to change inside themselves takes the pressure off the provider as well.

You are the guide and, therefore, not responsible for the outcome.

Practicing Compassion Vs. Empathy

Compassion is feeling with someone and having a genuine desire to help.

Studies have shown that practicing empathy lights up the pain center of

Compassion Fosters Resilience

I can stay in compassion all day long, but I can only remain in empathy for a short period before it creates stress in my body.

Evocation/Empowerment fosters resiliency in our communities and leads to vicarious resilience.

When you partner with someone to help them achieve their own desired goals, you can marvel at their progress.

Embracing Vicarious Resilience

In the context of vicarious resilience, I am amazed by what the individual has overcome.

I see their strengths, coping strategies, and resilience.

When I can see their progress and communicate it genuinely, it encourages them to move forward and do more.

When I affirm these steps, I get more movement toward growth.

I can see their progress and how I was able to help them.

our brains.

Moving from empathy to a genuine desire to help activates our brain's pleasure center.

As a species, we are hard-wired to help one another.

Without this, the human race would have died off long ago.

Register for our Upcoming Training Events

Healing From Loss

A journey through grief, mourning, and acceptance.

Learn to become comfortable with working with grief and loss

We have lost over 1M people to Opioid Overdose.

Each of those individuals had families, friends, and community support people who were all impacted by the death.

This workshop is for anyone who wants to become more comfortable working with grief.

The stigma of SUD often impedes people's ability to grieve the loss due to a lack of support, shame, and a sense of self-blame that they didn't do enough.

They often lack community support, rituals and other ways that help people mourn.

We will explore the depth of grief and challenge the concept that it has a beginning and an end.

We will learn about mourning as the active component of grief that moves individuals toward acceptance.

Through self-exploration, role play, and expressive arts activities, you will learn how to hold space for grief, acknowledge the loss easily, and allow the individual to keep the memory of their loved one alive.

This workshop is approved by NYS OASAS for 6 renewal hours for CASAC/CPP/CPS.

Date and Times:
1/25/2023

9:00 am - 4:00 PM EST

Location: Virtual Event

Cost: $125

[Register Now]

Medication Supported Recovery

Develop basic knowledge of how medication-supported treatment works.

Medication Supported Recovery is saving lives.

Preliminary studies show that when a peer comes alongside someone beginning Medication for alcohol/SUD, the outcomes are much better.

We all have opinions and experiences with medications, which can sometimes hinder our ability to help.

This training will give you an overview of the MAT process.

It will also help you speak to medical professionals, counselors, and other peers effectively.

We will also look at our biases and belief systems.

Radical acceptance is the best tool in your toolbox.

Developing it can take some internal work.

In this workshop, you will work with other peers and recovery professionals to develop an observer self and practice radical acceptance.

This is Motivational Interviewing based training.

From that perspective, we believe that every individual is an expert in their own life.

We come alongside and help them make the best decisions for themselves.

4 hour ASAP-NYCB Approved Course fo CRPA and CARC Foundation and renewal
Required for the TOT

Date and Times:
2/2/2023

8:30 am - 12:45 PM EST

Location: Virtual Event

Cost: $75

[Register Now]

Train the Trainer

Learn to train Medication Supported Recovery.

This ASAP-NYCB-approved course is mandatory for all CRPA/CARCs for initial and renewal.

This training will include:

- Facilitator Guide and in-person instruction on all activities.
- PowerPoint and all of the handouts.
- Digital copy of the workbook.
- Train the Trainer Certificate and

Medication Supported Recovery is required before taking Train the Trainer.

Date and Times:
2/3/2023

9:00 am - 12:15 PM EST

the complete guide to submit to ASAP-NYCB for approval(requires being approved as a member of the ASAP-NYCB Trainers Registry).

- On-going support.

Location: Virtual Event

Cost: $250 per person

Group Discounts are Available for three or more individuals from the same agency.

[Register Now]

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