Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Lisa's Story

Greetings!

This month, I reached out to my dear friend and co-trainer Lisa Ardner and asked her to share her story.

In this newsletter, Lisa shares her personal journey of finding purpose and healing as she transitioned from a substance abuser to a substance use disorder counselor and certified MINT trainer.

Fulfillment of destiny and purpose comes to mind as I reflect on my career as a behavioral health and substance use disorder counselor.

At 15 years old, I traveled from Cazenovia, a little town in Upstate NY, to Conifer Park Inpatient in Scotia, NY, to begin my own recovery. This move started my healing journey and discovery of understanding the “why” of my own substance use disorder.

My counselor, Ronnie, believed me and valued me. She supported me and provided insights into my identity and why I used substances.

I used substances to hide and numb the pain from childhood physical and sexual abuse, cover shame, feel more confident, fit in and belong, and be accepted. When I left Conifer Park, there was a new calling in my life.

I wanted to become a counselor and help others as Ronnie had helped me.

A dream comes true! Fast forward to 2010, when I returned to Onondaga Community College to finish the associate’s degree I had started at age 18.

I was fortunate to meet Sandy Rivers during my internship with Crouse Addiction Treatment. I sat for many weeks in her therapy group in the Day Rehabilitation Program. I knew this was where I wanted to work, but I would need a bachelor's degree to get hired.

I explored SUNY Empire State College for my Bachelor's Degree in Community and Human Services at Sandy's mentorship and guidance. On graduation day, I was surprised to reconnect with Sandy Rivers and discover we were graduating together! We both returned to SUNY Empire to pursue a Master's Degree in Adult Learning.

In 2018, I became a Motivational Interviewing Network Trainer (MINT) member and later became a Certified MINT Trainer. As I write this, Sandy is attending the TNT (Training New Trainers) for MINT Membership in Chicago, Illinois. We begin our journey as "MINTies" together!

I have encountered many challenges along the way that have made me value my experience.

I worked full-time as a single parent of three and became a new grandmother. After a divorce, I remarried to a kindred partner and navigated the complicated maze of being a stepparent to children resistant to accepting me. During this time, one of my own children had a near-fatal overdose while the other two were on their own use and recovery journeys. And throughout all of it, I stayed committed to healing from my childhood trauma and adversity. What a windy road this journey has been.

Specializing with individuals with trauma history made me learn that I could not take others where I have not gone myself.

This experience has kept me on my continued healing and recovery journey. It is the only way to survive in this field for any length of time.

Over the last few years, I have watched many wonderful colleagues leave this field altogether because of the stress, pressure, burnout, paperwork, demands of the job, secondary traumatic stress, and empathy fatigue.

Recently, I became a Certified Addiction Recovery Coach (CARC) and have begun the coaching journey, as well as developing and delivering professional development training. The support of friends and family and strong faith are my guiding lights and anchoring forces. Profound gratitude for all that has been, all that is, and all that will be! *The Best is YET to come*.

As I sit on the precipice of my career change, I look at the behavioral health field. I hope to give back what has been given to me in my training, education, mentorship, and professional development and ultimately fulfill my destiny and purpose.

Blessed and highly favored,

Lisa

PS. Keep reading below to discover upcoming trainings and read about how I overcame fear and insecurity in my newest blog post. ⬇

Check Out the Blog

My recent trip to Chicago had me realize the many ways in which COVID had undermined my confidence.

I had forgotten how to travel, I had forgotten how to be in social settings, I had forgotten how to ask for help, and to top it all off, I was struggling with imposter syndrome.

Follow the link below to read about my recent trip to Chicago for MINT training and all of the obstacles I overcame in the process.

Read the full Blog here

Register for our Upcoming Training Events

Virtual Trauma 101 - Trauma Informed Care

Who should attend?

- Human Service Providers
- Medical Providers
- Criminal Justice Professionals

Virtual Trauma 101 provides all the basics of Trauma Informed Care for human service providers, medical providers, and criminal justice professionals. This foundational training teaches you the skills to avoid retraumatization, recognize trauma responses, understand fight/flight/freeze/fawn/collapse/tend/befriend, and emotional co-regulation.

Two-thirds of people entering Substance Use Disorder (SUD) treatment have experienced trauma. Women entering treatment for SUD have a higher rate of sexual trauma and domestic violence. The statistics show that 85% of women in SUD treatment have experienced sexual abuse. Current research is showing that trauma is the underlying core issue for substance use disorder. Prepare yourself and your agency to tackle this critical problem, while insulating yourself from vicarious trauma.

This training is being offered through collaborations with Lisa Ardner and registration is through Lisa's Eventbrite.

- This class is a pre-requisite for our Trauma Responsiveness and Trauma Debriefing class.

Date and Times:
12/5/22, 12/6/22

12:00 pm - 3:30 PM EST

Location: Virtual Event

Cost: $115

[Register Now]

Intermediate Trauma Responsiveness

Who should attend?

- Human Service Providers
- Medical and Helping Professionals
- Managers and Supervisors in the Helping Professions

Going beyond the basics, this training gives you real skills to put your basic Trauma Informed Care training into practice.

The participant will learn skills and activities to utilize with individuals with a trauma history and look beyond the behavior for meaning. Participants will learn to navigate between safety, strong boundaries, and compassionate care.

Learn:

- **Effective trauma debriefing**
- **Skills to motivate individuals through the use of the evidenced-based model of "MOTIVATIONAL INTERVIEWING"**
- **Empathy with boundaries**
- **The signs of Vicarious Trauma and Empathy Fatigue**
- **Self-care techniques that keep you safe and healthy**
- **Emotional regulation and its importance in parallel process.**

CREDITS: 6 CASAC, CPP, CPS credits available through Office of Addiction Services and Support (OASAS)

Date and Times:
12/5/22, 12/6/22

12:00 pm - 3:30 PM EST

Location: Virtual Event

Cost: $115

[Register Now]

Share This Email | Share This Email | Share This Email

Authentic Trainings LLC | 411 Kenyon Rd | Mexico, NY 13114 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!