Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

Radical acceptance is a term coined by Marsha Linehan, dialectical behavioral therapy (DBT) developer. In her work, she believes that the core of suffering is a lack of acceptance of self and situations.

Accepting life on life's terms is essential to most 12 Step Programs.

Cognitive Behavior Therapy, a standard model in SUD treatment, challenges faulty or maladaptive thinking patterns and emotional responses. The idea is that these faulty patterns cause people to feel that they are to blame for all their problems or that something is wrong with them. According to CBT, these two faulty patterns cause people to struggle and stay distressed.

What if we turn this term around and look at it from the position of the helper?

It could be a counselor, therapist, peer, medical professional, clergy, or friend.

Radical acceptance has become a therapeutic tool that improves engagement and fosters movement toward healing.

When we can accept someone just as they are now, without judgment, we can partner with them on their journey.

PACE, the foundational principle of the Spirit of Motivational Interviewing, is the best tool to get there. PACE stands for

- P – Partnership
- A – Acceptance
- C – Compassion
- E – Empowerment

In the model of Motivational Interviewing, there is a belief that the individual is the "expert" in their own life. That means we (the peer or the mental health provider) are not the experts; however, we can encourage and guide someone toward change.

Radical acceptance does not mean we agree with the individual or approve of their decisions.

It simply means that we believe individuals have the right to have their own opinions, make their own decisions, and decide whether to change.

Wow!

Embracing the Spirit of Motivational Interviewing takes the pressure off the professional, peer, or anyone trying to help.

We don't have to fix anyone. We don't have to have all the answers. We also are not responsible for the outcome of anyone else's choices.

In Motivational Interviewing, there is a term called the "Righting Reflex." We all have it.

If you are a parent, you have it (likely 10x). When we believe something is wrong, we go into problem-solving mode and try to fix it.

Do you remember a time when someone tried to fix you? A doctor told you to lose weight? Someone tried to change your mind about something you felt passionate about? Didn't you push back? I know I did.

Now think of a time when someone accepted you unconditionally. Someone who allowed you to explore ideas, concepts, and career choices. Someone who allowed you to make mistakes and didn't say, "I told you so."

People enter the helping professions because they want to help people to live better lives.

We want to eliminate suffering and spend much money and time learning how to do that. It makes sense that we want to share all our wisdom and knowledge with those in distress.

In Motivational Interviewing, we only offer our expert advice when someone asks for it or if we ask their permission. It creates an atmosphere where the individual can choose to listen, thus shifting the power back to the individual.

I challenge you to think about radical acceptance and how it might change your work. ??

- *Do you fall into the fix-it trap?*
- *Is it hard for you to let go of your expectations?*
- *Do you find yourself distressed over the decisions of others?*

Curious about how to change your answers to these questions?

Join me at our upcoming Motivational Interviewing training to learn how radical acceptance can improve the quality of your client rapport and treatment outcomes.

Many thanks,

Sandy

PS. [Register for the Motivational Interviewing training here.]

Get Registered for Upcoming Training

Motivational Interviewing | Virtual Training

Transform ambivalence into engaged optimism, quickly using Motivational Interviewing--a simple, evidence-based communication approach.

Use the four-part Motivational Interviewing Process (engaging, focusing, evoking, and planning) across disciplines and to encourage client autonomy.

Learn simple, practical skills to improve communication and increase your impact as you guide people toward change.

This person-centered approach is also trauma-informed.

Earn CEs:

- ASAP-NYCB approved for CRPA/CARC renewal.
- NYS OASAS approved for 6 hours of CASAC/CPP/CPS renewal.

Date and Times:

- March 21 & March 28
- 9:00 AM - 4:30 PM ET

Location: Virtual Event

Register Now

Clinical Supervision Foundations II

Get the essential skills to lead your staff and clients to better treatment and lasting outcomes.

This 16-hour virtual training, along with the 14-hour online prerequisite training, satisfies the 30-hour Clinical Supervision requirement of the Advanced Counselor and Master Counselor status.

Clinical Supervisors are the cornerstone of performance improvement at both the program and client levels.

Clinical Supervision, when properly implemented by competent Clinical Supervisors...

- improves client care
- develops clinical skills
- improves the knowledge and professionalism of clinical personnel

It is also paramount in imparting and maintaining ethical standards in the addiction profession.

Earn CEs

- OASAS approved for 16 hrs of CASAC renewal.

Date and Times:

- March 23-31
- 8:30 AM - 12:45 PM EST

Location: Online

Group Discounts:

- Available for three or more individuals from the same agency.

Register Now

Connect with Authentic Trainings

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!