Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

When I was a fledging counselor, I attended the Rutgers Summer School of Alcohol Studies. What an experience it was!

For three weeks, I lived in the dormitory and immersed myself with the top trainers in the country. Janet Woititz, Charles Whitfield, and many others demonstrated exceptional skill in reaching and treating alcohol and substance use disorders.

The training opened my eyes to the human side of alcohol and SUD.

Through experiential techniques, I saw breakthroughs in myself and my fellow students. At that time, many of the counselors were people in recovery themselves or had family members who were.

This training taught me the importance of doing my work. I also gained insight into my own resistances.

One training included the principles of *Becoming Naturally Therapeutic* by Jacquelyn Smally.

In this book, Smally identifies the qualities present in people who quickly and easily establish rapport. (You know, the ones who, after just a few minutes, make you feel like you've known them all your life.)

The qualities include…

- empathy
- genuineness
- respect
- self-disclosure
- warmth
- immediacy
- concreteness
- confrontation
- potency
- self-actualization

Smally wrote:

“Therapeutic relationship is no accident, nor is it a game: it is following the natural laws of human nature, bringing us closer and closer to the authenticity of being.”

Today, Motivational Interviewing confirms this work.

Bill Miller and Theresa Moyers, two of the founders of Motivational Interviewing, wrote *Effective Psychotherapists: Clinical skills that improve client outcomes*. Published in 2021, this book re-examines something Smally shared in the 1980s ??????

The outcomes are more dependent on the helper than the training.

In their book, Miller and Moyers identify the qualities of an effective therapist. (And, are likely shared by all effective helping professionals.)

These qualities include…

- Accurate empathy
- Acceptance
- Positive regard
- Genuineness
- Focus
- Hope
- Evocation
- Offering Information
- Complexity (overlap)

The similarities between Smally's work and the work of Miller and Moyers are striking.

The great news? ?

All mental health providers can learn, practice, and develop these interpersonal characteristics by studying Motivational Interviewing.

If you're tired of clients giving up and you want to give them a second chance at reclaiming their life, enroll in my upcoming Motivational Interview training.

Get practical, evidence-based skills to create...

- instant rapport with new and established clients
- unstoppable client motivation for lasting recovery
- improved client incomes when you implement Motivational Interviewing skills

See you then!

Sandy

PS. [Click here to register for Motivational Interviewing.]

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

Medication-Supported Recovery | Virtual Training

Give people suffering from opioid use

a second chance at life.

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.

Learn how to...

- speak confidently with medical professionals, counselors, and other peers effectively
- use Motivational Interview skills to provide a supportive, compassionate, trauma-informed relationship
- recognize personal biases and belief systems and how they can cause harm
- develop your capacity for radical acceptance

Earn CEs:

- 4 hour ASAP-NYCB Approved Course fo CRPA and CARC Foundation and renewal

Prerequisite for...

- Medication-Supported Recovery: Train the Trainer

Date and Times:

- March 2
- 8:30 AM - 12:45 PM EST

Location: Online

Register Now

Medication-Supported Recovery | Train the Trainer | Virtual Training

Learn to train in Medication Supported Recovery.

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

This training includes...

- 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 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.

Prerequisite Training

- Medication Supported Recovery

Date and Times:

- March 3
- 9:00 AM - 12:15 PM EST

Location: Online

Group Discounts:

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

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

Date and Times:

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

Location: Online

Group Discounts:

- Available for three or more

- 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.

individuals from the same agency.

Register Now

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