Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Trauma-Informed Care – What is Next?

As many as 80% of people coming into substance use disorder treatment have experienced trauma from childhood or through the drug culture.

Most have high adverse childhood experience scores and have used drugs and alcohol to cope with this history.

As a counselor, I spent years frustrated with the poor care they received in substance use disorder treatment. Intuitively, I knew the methods used were inadequate for individuals with trauma.

Over my career, I have seen many changes in trauma-informed care. In substance use disorder, we went from not addressing the trauma and seeing poor retention rates to everyone receiving training in trauma-informed care. Programs mandated people to receive training on the basic tenets of trauma-informed care:

- safety
- trustworthiness/transparency
- peer support
- collaboration/mutuality
- empowerment voice and choice
- cultural, historical, and gender issues.

Unfortunately, I continue to hear, *"I have had trauma-informed care training, but nothing has changed in my organization. I want to know how to include these principles in my day-to-day practice."*

Trauma Responsiveness is the next step that gives you practical skills, challenges your bias, and helps you to be more effective in working with trauma survivors.

Recognition is just the first step. The shift must happen within you. Put yourself in the trauma survivor's shoes.

- How would it feel to partner with you?
- Do you communicate safety, trustworthiness, and transparency, or are you caught in the "expert trap"?
- Do you come alongside the people you are working with and see them as the expert in their own lives, or do you give them a roadmap for recovery and expect them to follow it?
- Do you embrace peer support and value their contribution to the clinical team?
- Do you offer choice and encourage the individual to find their answers with your guidance, or do you expect complete compliance with your recommendations?
- Are you sensitive to cultural issues and put your own bias on the shelf by trying to be curious and explore the individual's life experience?

I had the best success with some of the most traumatized individuals during my career. So I started to reflect on why my experience differed from others on my team.

In a spirit of transparency, I was a victim of childhood trauma. I looked at what had been helpful for me in my healing process.

I recognized that restoring a sense of control was critically important. Affirm someone's autonomy by reminding them that it was their choice to come to the appointment. They could have chosen not to go and faced the consequences. Then I would discuss our partnership and share my desire to join them and walk with them on their recovery journey.

I could see the shoulders drop, the breathing slow, and a wave of relief came over them. Unfortunately, this had not been their experience with others in the past.

Once the engagement was secure, good listening skills came into play. Demonstrating exceptional listening skills allowed the individual an opportunity to not only tell me their story but to hear that story themselves. I became a witness to their adversity, encouraging a partnership.

To develop good listening skills, I had to get out of my own way and be in the moment with the storyteller. I needed to demonstrate a genuine interest and a willingness not to give advice.

What about all the good resources, knowledge, and experience I offer? Knowing when to listen and when to offer suggestions is all about timing.

How did I learn that timing? Motivational Interviewing (MI).

MI embraces all the tenets of trauma-informed care. In MI, there are two times to give advice. When someone asks for it and when you ask for permission to share it.

Think about the current practices in your agency. Does anyone ask permission before giving advice?

Combining Motivational Interviewing and Trauma Informed Care gives you the best marriage for Trauma Responsiveness.

My resiliency in this field came from seeing the dramatic transformation that happened to individuals, families, and communities when people embraced recovery.

My secret? I treated everyone from a place of absolute worth, regardless of past experiences. That made all the difference.

Today, I train others in these practical, evidence-based methods that make a difference and improve the quality of care for trauma survivors in substance use disorder treatment.

I'm booking training for organizations committed to excellence in Trauma Responsiveness for substance use disorder treatment.

Reply to this email to get your organization scheduled for a 2023 training.

Many thanks,

Sandy

Get Registered for Upcoming Training

Trauma Responsiveness & Motivational Interviewing —The Perfect Marriage

Go beyond the basics. Get the real skills to put your basic Trauma-Informed Care training into practice.

Utilizing the evidence-based communication tools from Motivational Interviewing and the Trauma-Informed Care principles, **you will be better prepared to work with clients and avoid re-traumatization.**

Learn...

- Effective Trauma Debriefing Skills to gain the confidence you

Date and Times:

- Oct 25-26
- 9:00 AM - 3:30 PM ET

Location: Virtual Event

Register Now

need to work with distressed people.
- Practical strategies to quickly embrace empathy and compassion while maintaining ethical boundaries.
- The key symptoms of vicarious trauma and empathy fatigue and how to turn it around to resiliency by embracing vicarious resiliency.
- The importance of the Parrell Process and how it can deepen engagement, improve retention
- Strategies for improving self-care and job satisfaction.

Earn CEs:

- NYS OASAS approved for 10 CEUs.

Book this training for your organization. Email me at sandy@authentictrainings.

Art & Equine Retreat: A Time to Refresh & Rejuvenate

Join us for a day of nature, horses, drumming, and mindfulness.

This retreat offers you an opportunity to refresh, reset, clear your mind, and focus on connection and creativity.

- Get hands-on interaction with our horses to experience a heart-felt energetic connection with them that melts away stress and tension.
- Learn the art of letting go and becoming present using art.
- Feel the empowerment of community drumming and experience relaxation, connection, and confidence.
- Enjoy simple, creative foods throughout the day and a healthy feast at the end of the retreat.

**All supplies and meals are included in the retreat fee.*

Date and Times:

- July 16
- 9:00 AM - 6:00 PM ET

Register by July 4 and save $75.

Location: Twinlea Farm in Camillus, NT

Register Now

Clinical Supervision Foundations

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

Clinical Supervision, when properly implemented by a competent Clinical Supervisor...

- *improves client care*
- *develops clinical skills*
- *enhances the knowledge & professionalism of clinical personnel.*

This training recognizes the crucial role that Clinical Supervision holds as the cornerstone of performance improvement at both the program and client level.

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.

Earn CEs:

- NYS OASAS approved for 16 hours of CASAC/CPP/CPS renewal.

Date and Times:

- July 20-21; July 27-28
- 8:30 AM - 12:45 pm PM ET

Location: Virtual Event

Register Now

"Sandy Rivers was a phenomenal facilitator and I felt like I learned so much from her. Her calm demeanor really helped to create a safe space conducive to learning."

Connect with Authentic Trainings

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