Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

No matter where I offer training, I hear the same challenges.

My caseloads are too high. I can't keep up. There is no support. Don't they understand that I am exhausted? I don't know how I overcame COVID, but I did. Now, I am falling apart!"

Whether you are a counselor, peer, nurse, physician, case manager, or any human services provider, the theme is the same. People come into these fields to relieve suffering and to make a difference in the world. But somewhere along the way, many lose their purpose and feel ineffective and disconnected.

I have often asked myself, *"How did I manage to stay in the field for over 30 years?"*

The secret? I always returned to my "Why." Other mothers.

During my years as a substance use disorder counselor, my son and daughter were in active addiction. There was very little I could do to help them. The helplessness that I experienced took its toll on my physical and mental health. I went through the yelling, shaming, pleading, bargaining, detaching, and everything else I could think of to do.

I poured myself into helping other mothers' sons and daughters. It became a crusade against substance use disorder, and I became the best warrior I could

be in my effort to save the world. At the time, I thought I could save the world, and I nearly killed myself trying.

Thankful, though, I eventually realized the world didn't need saving. What it needed was acceptance, compassion, understanding, and tolerance.
At a time in my life when I felt so helpless, being a savior to other people's children felt powerful. Letting go of that wasn't easy.

How can I accept my worst nightmare?

It started by realizing that I could survive the death of one—or both of my children. Who would have thought that when I accepted this reality, it freed me up to live?

I stopped trying to change them. And instead, put my energy into enjoying what time I did have with them. **Compassion replaced anger, acceptance replaced judgment, and my tolerance came when I set clear boundaries that *I could live with.***

So, what does this have to do with burnout? Everything it turns out.

This radical acceptance not only saved my relationship with my children, but it saved my career.

The truth is acceptance of others, and their journey is a form of self-care.

It insulates us because it helps us realize that we are not the expert in someone else's life. **When we shift from giving advice and trying to fix others to listening deeply, we create space for positive change and better outcomes**.

The transformation of those we work with can provide us with meaning and purpose again. They fill us up—instead of depleting us like the old way of controlling and discord.

The acceptance of my reality had a positive impact on my professional life. I could engage more deeply with people, and I began to embrace therapeutic strategies that were less controlling, like expressive arts and Motivational Interviewing.

I wish I could say that my workload or work environment changed, but it didn't. There were more and more people every day, in ever-worsening situations.

The change happened to me. And when it did, the work got more manageable. More importantly, my job satisfaction skyrocketed. I could leave work at work and enjoy life again.

It also gave me more energy and stamina to stay in the work. When I leaned into acceptance, it fueled my passion and the reason *WHY* I became a substance use counselor.

This is my story of how I found the resilience to stay.

I'm curious. What motivates you to do (and stay) this work?

Reply back and let me know. I can't wait to hear from you.

Many thanks,

Sandy

PS. Discover how to bring great acceptance into your work so you can see better results and outcomes. Feel more resilient and positive about them and your role in their recovery. Check out my trainings below. Hope you see you in one soon! ??

Get Registered for Upcoming Training

Clinical Supervision Foundations

Get the must-have skills you need to lead your staff and clients to better treatment and lasting outcomes.

Clinical Supervision, when properly implemented by 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

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!