Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

Welcome to your monthly dose of expert insights for SUD professionals It's a short list of articles and evidence-based tools to help you foster high engagement and retention and nurture the ideal conditions for lasting change. I've also included a self-care tip to help you kindle joy and excitement in your work.

If so moved, please forward this email to another SUD professional who could use it.

On Motivational Interviewing

Verbal Judo: The Gentle Art of Persuasion.George J. Thompson PhD (Author), Jerry B. Jenkins (Author), & 4 more. "*Verbal Judo* is the classic guide to the martial art of the mind and mouth that can help you defuse confrontations and generate cooperation, whether you're talking to a boss, a spouse, or even a teenager. For more than a generation, Dr. George J. Thompson's essential handbook has taught people how to communicate more confidently and persuasively in any situation. *Verbal Judo* shows you how to listen and speak more effectively, engage others through empathy (the most powerful word in the English language), avoid the most common conversational disasters, and use proven strategies to successfully express your point of view - and take the lead in most disputes."

I have been reviewing this book for upcoming Motivational Interviewing Trainings with probation officers. Verbal Judo has been around for a long time and many criminal justice professionals have been trained in this communication style that leads to de-escalation. While I was reading it, I was struck by the similarities to Motivational Interviewing and how the two could enhance each other for those working in the criminal justice field.

Although there are some differences, Motivational Interviewing enhances many of the strategies that Thompson presents. In Motivational Interviewing, a main premises is that you ask permission before you offer information, advice, or resources.

Do you remember how you felt when your parents said "Do what I say, not what I do." I imagine you pushed back and asked why.

In Motivational Interviewing, the individual is the expert in their own lives.

Therefore, I offer options that I think might be attractive to the individual, and I explore how they might be beneficial to the person. I don't tell people what to do and expect them to do it.

We believe that everyone has the ability to change and grow. As with any learning process, people make mistakes, change course, and circle back. In MI, we not only meet people where they are but walk the path with them. Sometimes, we zig, but we try to motivate them to keep going in the right direction.

Enroll in the Motivational Interviewing: A Step-by-Step Buide TO Empower Others Toward Change and ??

- enhance your de-escalation skills,
- improve your conversations with difficult individuals, and
- reduce your own stress level.

For Wounded Healers

Healing Trauma through Family Constellations and Somatic Experiencing: Ancestral Wisdom from the Snail Clan of Tanzania. fu Nyaki (Author), Peter A. Levine (Foreword). "Born and raised on Mount Kilimanjaro's slopes in Tanzania, East Africa, Efu explains how she came to develop her profoundly successful system for helping people heal trauma by integrating ancestral tribal wisdom with a fusion of two Western healing systems: Somatic Experiencing and Systemic Family Constellations Therapy. She shares how her journey to become a healer was initiated by her Grandfather, who told her the legend of the sacred healing snail of the Nyaki clan. She explains how she discovered Somatic Experiencing and Systemic Family Constellations Therapy, and how combining these therapies created a powerful system for releasing cellular memories and healing the intergenerational and collective traumas hidden beneath the surface of suffering. Sharing stories from her healing work around the world, she presents action steps, such as meditations, breathwork, or creating a family tree, that readers can take immediately to regulate their nervous systems, deepen their awareness, and engage the personal healing process."

After reading this book, I was curious about the experience of Family Constellation, an experiential, psycho-dramatic technique. I registered for an all-day workshop with a shaman/therapist to experience the technique myself.

When it was my turn to set up my family constellation, I chose other group members to be my family members. What was so powerful about this experience is that the family included my present-day family and grandparents who had passed. After placement, each member was asked to tune into the person they were representing. I was able to observe the family dynamics rather than being caught in the middle. Those represented family members began to tap into their intuition and gave voice to their character. It was uncanny how accurate the voices were. As each person began to speak their truth, something greater emerged. I was able to see the "why" behind their behaviors.

After 10-15 minutes, the constellation took on a whole new level. At the end, the core of the family issues and the historical trauma that emerged was the Irish Potato Famine. My grandparents were considered a mixed marriage, Scotch/Irish Catholic and a Protestant Welshman. The marriage was never blessed by the Catholic side and the children from this marriage were not even allowed in the home of their grandparents. They were considered un-baptized. Under it, all were the Protestant landowners who had put Irish families out of their ancestral homes and forced them to leave their country. I realized that the two families were cultural enemies due to their religion and their culpability for the famine.

What emerged was an understanding of the social and economic factors that stimulated their behavior. It was a clear demonstration of historical trauma. Family members were put into a different context, and I was able to see why they did the things that they did. It became easier to recognize that their decisions were much less personal and much more reactive. From this perspective, it is easier to forgive, or at least understand.

Family Constellation work is an important component of any family work. Stay tuned for some upcoming workshops that will include experiential exercises like Family Constellation work.

For Peer Professionals

A word from the founder of Motivational Interviewing, William R. Miller.

"I have often been privileged to talk with Native American Providers about Motivational Interviewing. Some have told me that this respectful way of relating to others is quite compatible with tribal conversational norms. A tribal leader once observed, however, that in order to teach MI to American Indians, it should have a prayer, a song, and a dance. I leave the dance and song to more capable people, but I did craft this prayer with the help of Raymond Daw. This particular version reflects meditative preparation to work with a female client, but the pronouns can easily be changed (Miller & Rollnick, 2013)."

Guide me to be a patient companion,
to listen with a heart as open as the sky.
Grant me vision to see through her eyes and
eager ears to hear her story.
Create a safe and open mesa on which we may walk together.
Make me a clear pool in which she may reflect.
Guide me to find in her your beauty and wisdom,
knowing your desire for her to be in harmony:
healthy, loving and strong.
Let me honor and respect her choosing of her own path,
and bless her to walk it freely.
May I know once again that although she and I are different,
yet there is a peaceful place where we are one.

As always, thanks for reading.

Sandy

PS. Forge trust. Foster motivation. Fuel change and growth. Enroll in the on-demand course Motivational Interviewing to learn the evidence-based conversation style that's reshaping SUD care and treatment.

PPS. Need help exploring ACEs with your clients? Get the ACEs Discovery Deck.
This deck helps individuals identify which of ten ACEs they experienced and which of the seven Resilience Practices helped them endure, survive, and thrive. Use the code **SANDY10%** to save on your own ACEs Discovery Deck at R1 Learning.

PPPS. Does your team need professional development in motivational interviewing, trauma-informed care, or family engagement? **Get workforce development that improves employee well-being while effectively increasing client engagement and retention.** Email me to get started.

Deliver Better Care & Treatment with These Trainings

Trauma First Aid for Peers & Supervisors

Define your role as a peer in the trauma story. Learn how to encourage healthy boundaries. Know when and how to make a referral.

Trauma First Aid for Peers is designed to educate peers on trauma-responsive care.

- Explore universal precautions, the prevalence of trauma in SUD, recognizing trauma responses, preventing re-traumatization, and practical engagement strategies for a referral.
- Practice setting good boundaries and using trauma-responsive language with practice scenarios.
- Leave with self-care techniques to prevent compassion fatigue.

Date and Time:
- May 20 | 8:30am — 4:30pm ET

Location: Virtual Event

ENROLL TODAY!

Trauma Responsiveness

Get the real skills to put your basic trauma-informed care training into practice. In real life. With confidence and ease.

Discover the answer to the question, “I have had trauma-informed care training. Now what?“

Combine the empowering tools of Motivational Interviewing and Trauma-Informed Care to effectively work with clients and avoid re-traumatization.

In this course, you will learn...

- Practical trauma debriefing skills to gain the confidence to work with distressed individuals so that if you're the first person they tell about their trauma, you know how to handle any retriggering that may occur.
- The Spirit of Motivational Interviewing (PACE: Partnership, Acceptance, Compassion, Empowerment) for a trauma-informed approach that creates a space of safety, trust, and choice.
- How to increase empathy and compassion and maintain professional boundaries.
- How to recognize vicarious trauma and empathy fatigue and turn them into vicarious resilience.
- Emotional regulation to remain calm and centered to create trust and safety and get better engagement and retention when working with clients who have a trauma history.

Date and Time:

- June 10 | 9::00am — 4:00pm ET

Location: Virtual Event

ENROLL TODAY!

Motivational Interviewing: The Spirit, The Skills, and The Practice

Are your SUD clients struggling with ambivalence? They know they "should" change, but don't really want to change for a number of reasons, causing them to remain struck.

The answer to fostering high engagement and retention while nurturing the ideal conditions for lasting change?

Motivational Interviewing.

Motivational Interviewing (MI) is a client-centered, evidence-based strategy for engaging individuals and resolving ambivalence. It's centered on the idea that each client is the expert of their own life and already has the answers they need. They just need a little help uncovering them.

In this training, you'll learn how to

- use affirmations and reflections to quickly get on the same page as your clients. Y
- engage clients with compassion, critical listening skills, and strategies to help them uncover their own motivation toward change and move through the critical stages of change.

Date and Time:

- June 19 | 9::00am — 3:30pm ET

Location: Virtual Event

ENROLL TODAY!

A Collaboration with R1 Learning

Everything you need to run an effective session with the Discovery Cards — for practitioners and educators at every level of knowledge, skill, and experience.

Use the code **SANDY10%** to

save on your own ACEs Discovery Deck at R1 Learning.

Explore the Adverse Childhood Experiences (ACEs) Topic Kit

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