Greetings!

You likely know the five principles of Trauma-Informed Care.

You also likely have had multiple trainings.

Yet, you might not feel sure about "how" to be more trauma-informed. The truth is becoming fluent in trauma-informed practices requires more than six hours of training.

I have studied trauma for all of my career. First to heal myself and then to help others heal.

It has been the most rewarding part of my 30+ year career. And over those years working in the field of substance use disorder, I have watched a metamorphosis happen.

Initially, we were told not to touch the trauma. The rule was to refer the client to mental health professionals, doctors, therapists, or counselors.

Unfortunately, we saw less than great outcomes for our clients.

The truth is that, at the time, these professionals didn't understand that many people using substances do so to cope with trauma.

As a result, treatment was siloed and ineffective.

Many of us recognized that the individuals with the deepest trauma were the ones who kept coming back. **They started improving when I validated their experiences, affirmed their autonomy, and showed them that it wasn't their fault.**

Thankfully, times have changed, and treatment providers, criminal justice professionals, and peer professionals are encouraged to get Trauma-Informed Care training.

But Trauma-Informed Care training is just the beginning of understanding trauma. It brings a necessary awareness to change your lens and recognize trauma when you see it.

But then what?

My understanding of trauma grew as I immersed myself in proven practices through reading, trainings, college courses, and dialog with others working in the field. **For me, and it is with many others, one basic Trauma-Informed Care training is not enough to fully understand the scope of the problem and how to provide effective treatment and care.**

Anyone who knows me will tell you I am very grounded and practical. I learn a theory, but then I want to know how to apply it for the greatest good.

That is why I have partnered with Lisa Ardner, my long-time colleague, to develop a training that blends the practical skills and power of Motivational Interviewing and rich insights of Trauma-Responsive Care.

This two-day training immerses you into the practical skills you need to come alongside someone who has experienced trauma and guide them toward healing.

My trauma study journey continues as there has been an explosion of research, new models, and awareness about the devastating impact of childhood trauma and trauma over the lifespan.

I am excited to bring you my learning and real-life experience working with mandated individuals, families, and others living with undisclosed or unacknowledged trauma.

Whether you are a decision-maker or an individual, Trauma Responsiveness & Motivational Interviewing: Perfect Marriage **will change your culture or practice and make a difference in the people your team serves.**

[Click here to sign up for our fall session.]

Seats are limited to ensure individualized attention during the training, so be sure to register today.

If you're a decision-maker curious about how this training will improve your organization's outcomes, reply to this email. Let's talk about how to get your team the skills they need to make a lasting difference.

Many thanks,

Sandy

PS. Take your practice to the next level. *Marry your Trauma-Responsive skills with the power of Motivational Interviewing for a life-changing union for the people you serve.* ***Sign up for our fall cohort*** *here* to earn 10 NYS OASA CEs ffor CASAC/CPP/CPS.

*PPS. Not ready to enroll but want small bites of advice?**Read my blog** here.*

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 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:

- 10 NYS OASAS CEUs for CASAC/CPP/CPS

Date and Times:

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

Location: Virtual Event

⟫ SAVE YOUR SEAT! ⟪

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

Clinical Supervision Foundations II

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 16 CEUs for CASAC/CPP/CPS renewal.

Date and Times:

- TBD

Location: Virtual Event

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