Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Greetings!

Welcome to your monthly dose of expert insights for professional development in SUD. 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 Embracing Families

Recommended Article

Global Family Recovery Alliance: Launch of a strengths-based approach to family recovery. David Best, Caroline Beidler, and Mulka Nisic.

"Through the writings of William White, we have come to recognise that recovery is a form of social contagion spreading ripples across the surface of a tranquil pool that operates in two senses:

1) It typically spreads from one person in recovery to another, through processes of social learning and social control;

2) It also spreads out from the individual in recovery to their family, their neighbourhood and their community.

The combined effect of this is that we see recovery as a 'positive sum game' where there are dynamic and generative gains for whole community and where recovery communities are strengthened through their contributions to the wider community."

[Click here to continue reading.]

Organization To Watch

Global Family Recovery Alliance is a new organization out of London that utilizes Dr. David Best's Recovery Capital for Families. I'm very excited about the impact GFRA will have on the standard of SUD care and treatment. So much so that I joined the organization and will be attending their global summit

in September.

Their mission
Inspired by individuals with lived experience as affected family members, research collaborators, and international partners, the Global Family Recovery Alliance (GFRA) aims to connect researchers, policymakers, organizations, and global partners together to advance family recovery support in research, policy, and practice.

Must-Attend Event
The Global Family Recovery Alliance will host a meeting of global experts, researchers, and organizations to discuss building capacity for family recovery support and research, along with a global position paper on family recovery support services.

[Read about the event.]
[Register for the event.]

On Motivational Interviewing

This summer, our team redesigned and expanded our popular, on-demand course, Motivational Interviewing (MI) Training: A Step-by-Step Guide to Empower Others Toward Positive Change and Growth.

We also designed a MI training specific for criminal justice professionals!

Look for the launch of these new training programs in early September.

For Wounded Healers

Ground-Breaking Research
Above and beyond: The key role families play in recovery. "Based on the findings from our latest study, we now have evidence to show that family support also benefits the person struggling with their drinking or drug use, as it helps family members to help their loved ones to achieve and maintain recovery." Dr. David Best – Chief Executive Officer ADFAM

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 the 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 embracing families in SUD care? **Get a workforce development design to meet your needs.** Email me to get started.

Deliver Better Care & Treatment with These Trainings

Motivational Interviewing (MI) Training:

A Step-by-Step Guide to Empower Others Toward Positive Change and Growth

Forge trust. Foster motivation. Fuel Change and Growth.

With over 40 years of research and 1,800 clinical trials, studies show MI gets better results and outcomes than the standard alternatives—even with complex cases and mandated clients.

ENROLL TODAY!

This self-paced, online MI training will teach you the most up-to-date foundational approaches to facilitate change and assist you in being more confident and effective as a helper. Inside, get the practical conversation skills to transform client

- discord into collaboration,
- ambivalence into motivation, and
- blaming into empowerment.

Explore the Spirit of Motivational Interviewing (partnership, acceptance, compassion, empowerment) and OARS (open-ended questions, affirmations, reflections, and summaries). Learn to blend this MI training with trauma-informed care, a person-centered lens, and strength-based engagement.

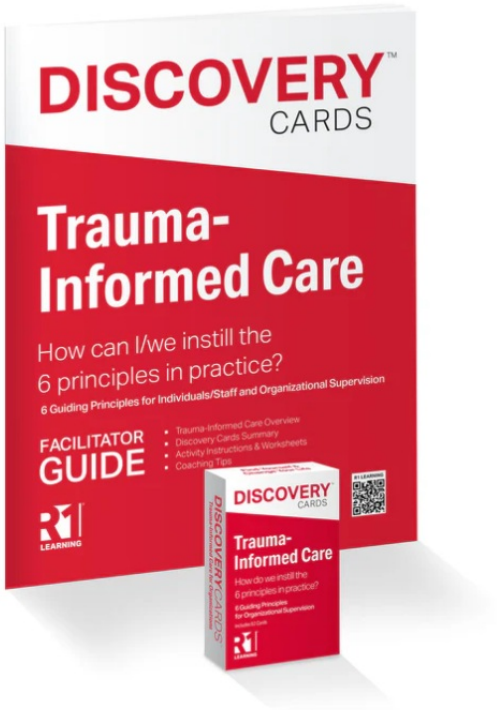
Available 24/7, this on-demand course includes expertly designed lessons, demonstrations, and exercises led by skilled members of the Motivational Interviewing Network of Trainers (MINT) with lived MI experience in numerous fields, including mental health, substance use disorder, and criminal justice.

It also includes learning guides and quizzes to build confidence and competence in MI.

LEARN ABOUT PRIVATE-LABEL OPTIONS FOR ORGANIZATIONS.

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 R1 Discovery Trauma Informed Care Deck.

Explore the TIC Discovery Deck.

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!