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 Kindling Joy & Excitement in Your Career

Unwrapping the Science of Joy. Alene Dawson Read what experts have to say about "harnessing the aesthetics that spark such joy, and how we can infuse joy throughout the year."

The Book of Joy: Lasting Happiness in a Changing World. His Holiness the Dalai Lama, Desmond Tutu, and Douglas Adams. Two great spiritual masters share their own hard-won wisdom about living with joy even in the face of adversity.
The occasion was a big birthday. And it inspired two close friends to get together in Dharamsala for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet.

On Motivational Interviewing

The Righting Reflex

We work to resist the righting reflex because the research shows that the best predictor of change is when the individual develops their own reasons for change.

Most people come into the helping profession with a desire to minimize suffering. Our life experiences, education, and insight help us solve problems. Unfortunately, solving our clients' problems can be disempowering.

Remember a time when someone told you that you "should" do something? Did your teenage-self come up and say no, without even considering the merit of the suggestion?

In MI, we offer advice or resources when one of the following conditions are present.

- 1. When someone asks for advice or resources.
- 2. When we ask permission.

This is especially important when working with predominantly mandated individuals or adolescents. It affirms the individual's autonomy, but only if we really allow them to say no. Actually, I rarely have someone say no when I ask permission.

Watch Click here to watch Stephen Rollnick, the cofounder of Motivational Interviewing, explain problems with the righting reflex.

For Wounded Healers

The Dilemma of the Wounded Healer

ABSTRACT

The wounded healer is an archetype that suggests that a healer's own wounds can carry curative power for clients. This article reviews past research regarding the construct of the wounded healer.

The unique benefits that a psychotherapist's* personal struggles might have on work with clients are explored, as well as the potential vulnerability of some wounded healers with respect to stability of recovery, difficulty managing countertransference, compassion fatigue, and/or professional impairment.

The review also explores psychologists' perceptions of and responses to wounded healers and examines factors relating to social stigma and self-stigma that may influence wounded healers' comfort in disclosing their wounds.

We propose that the relative absence of dialogue in the field regarding wounded healers encourages secrecy and shame among the wounded, thereby preventing access to support and guidance and discouraging timely intervention when needed.

We explore the complexities of navigating disclosure of wounds, given the atmosphere of silence and stigma. We suggest that the mental health field move toward an approach of greater openness and support regarding the wounded healer, and provide recommendations for cultivating the safety necessary to promote resilience and posttraumatic growth.

*[*While the article reviews the benefit a psychotherapist's personal struggles may have in treatment and care, I believe this idea applies to **all** helping professionals, including peers.]*

[Adverse Childhood Experiences as a Determinant of Public Service Motivation]

ABSTRACT

The wounded healer archetype predicts that people who suffer negative experiences in childhood would be motivated to enter helping fields as a way of self-healing. Developmental traumatology, however, suggests that people who have negative experiences in childhood may have their development stunted, particularly when it comes to caring for others.

To test these competing theories, researchers test the effect of adverse childhood experiences (ACEs) on public service motivation (PSM) and find that negative experiences in childhood are associated with a lower willingness to help others. However, some evidence suggests that a curvilinear relationship exists such that extreme levels of ACEs result in more PSM.

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.

Get Registered for Upcoming Training

Embracing Families in the SUD Care & Treatment

Reluctant to include families in your substance use disorder work with clients? Fear they may cause more harm than good?

Explore these concerns, including issues about confidentiality and boundaries, family dysfunction, and client resistance. Learn how to **effectively** integrate families into your care and treatment of clients with SUDs.

In this course, you will...

- Explore the current peer-reviewed research that supports family engagement.
- Understand what family dynamics are in play when a family member has a SUD issue.
- Self-reflect on your own concerns and biases that may be a barrier to family engagement.
- Learn two family engagement strategies from the proven CRAFT model.
- Develop your own engagement strategy that is open, warm, and welcoming.

Date and Time:

- April 30 | 9:00am -- 4:00pm ET

Location: Virtual Event

ENROLL TODAY!

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.

Date and Time:

- May 10 | 8:30am — 4:30pm ET

Location: Virtual Event

ENROLL TODAY!

- Leave with self-care techniques to prevent compassion fatigue.

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

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!