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.

For Peer Professionals

Become a Certified Recovery Coach This July!

Are you passionate about helping others on their recovery journey?

Join us for the Recovery Coach Academy in July 2025 and take the first step toward becoming a certified peer professional!

This 30-hour, evidence-based training, developed by CCAR and approved by the NY Certification Board, equips you with the tools, confidence, and compassion to make a real difference.

What You'll Gain:

- *Core recovery coaching skills*
- *Motivational interviewing techniques*
- *Wellness planning and goal setting*
- *Strategies for supporting diverse recovery pathways*

Perfect for aspiring peer professionals, counselors, and anyone with lived

experience who wants to give back.

Register today and start your journey!

Save Your Seat TODAY!

On Non-Traditional Approaches

In today's treatment and recovery landscape, it's increasingly clear that the "same old, same old" isn't enough. While not new, creative and experiential approaches like **psychodrama** are gaining renewed momentum as the field urgently seeks more effective, person-centered strategies for lasting recovery. It's time we move beyond the belief that talk therapy alone can facilitate the profound lifestyle changes recovery requires.

Psychodrama is a powerful, action-based modality that engages the body, emotions, and imagination. It allows individuals to safely explore trauma, relationships, and inner conflicts in ways that traditional talk therapy often cannot access. This dynamic method brings healing into motion—literally—making the abstract concrete and the unspeakable visible.

SAMHSA defines recovery as *a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.* This definition reflects a major shift in how we frame success for individuals with mental health and substance use challenges: recovery is no longer narrowly defined by abstinence, but by meaningful, self-directed living.

The integration of **harm reduction** and **medication-supported recovery** represents progress. These approaches honor individual pathways, save lives, and make room for the complexity of real-life recovery journeys.

Over the years, I've heard too many people say, *"If this is all there is to recovery, I don't want it."*

The emotional and physical pain of early recovery is real. Facing the moral injuries—those moments when someone breaks their own code of values during addiction—can be overwhelming. And yet, it is in this vulnerability that true healing can begin.
Recovery, in its truest form, makes space for that pain. It asks us to embrace the full, imperfect, human experience.

That's why I'm excited to attend an upcoming training and retreat led by **Ruth Riddick, Regina Sewell, and Jennifer Salimbene**, who are offering an experiential workshop that uses psychodrama to explore the *Stages of Recovery*.

[Click here to download the course flyer.]

Designed for clinicians, peers, and individuals in recovery, this retreat offers a fresh, embodied way to reflect on personal growth—and to bring that insight back into the work we do.

I'll be there, eager to learn, connect, and continue the journey. Will you?

Register and Join Me.

As always, thanks for reading.

Sandy

PS. Does your team need professional development in

- *embracing families,*
- *motivational interviewing, or*
- *trauma-informed care?*

Get a workforce development design to meet your organization's needs.*Email me to get started.*

On-Demand MI Training

Build powerful, proven communication skills to motivate and empower change in others.

- *Do you feel stuck talking at your clients instead of with them?*
- *Are you frustrated watching people repeat old patterns, even after you've tried to help?*

Many professionals aren't taught the communication skills that truly inspire change.

Especially for people who have made big mistakes and struggle to see a better future.

This course gives you practical tools to help clients feel motivated and invested in their own growth.

You'll learn how to build real connection, turn resistance into teamwork, and help people believe in their ability to change.

What You'll Learn:

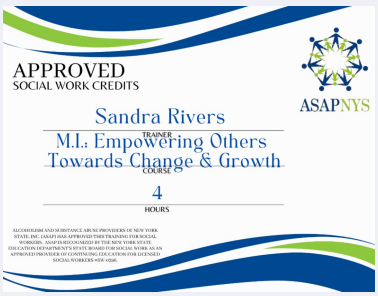
- Turn difficult conversations into collaboration
- Use core MI skills like open questions, affirmations, reflections, and summaries
- Apply MI in many fields such as social work, healthcare, and education
- Practice a trauma-informed, person-centered, and strengths-based approach

The course includes videos, real examples, exercises, and a learning guide. You earn 4 CE credits (NY OASAS) and get one year of access to review anytime.

WHAT A STUDENT RECENTLY TOLD US ABOUT THE COURSE

> *"I was a social worker for many years, and I wish I had this training a long time ago! This training is the best training I have ever had. It provides the interviewing skills I need to help others. It is applicable to so many different public-facing careers, too. I can even see how MI can help me communicate with my teenager in a more positive way. Thanks so much."*

Start Motivating Others Today!



Many justice professionals feel stuck.

They want to help people change, but old communication habits aren't working. Clients keep falling back into the same patterns. It's frustrating to talk at people and not see real progress.

This on-demand course teaches you how to use Motivational Interviewing (MI) to break through.

MI is proven to help justice-involved individuals feel motivated and invested in their own change.

You'll learn practical skills to build trust, reduce resistance, and encourage real commitment to a better future

Who should take this course?
Anyone working in treatment courts, family courts, probation, substance use treatment, mental health services, or related fields.

What you get:

- Flexible, on-demand lessons
- Skills tailored for criminal justice and allied professionals
- The latest MI strategies, updated August 2023
- Tools you can use right away to improve outcomes

Research shows MI increases engagement, reduces dropout, and lowers recidivism.

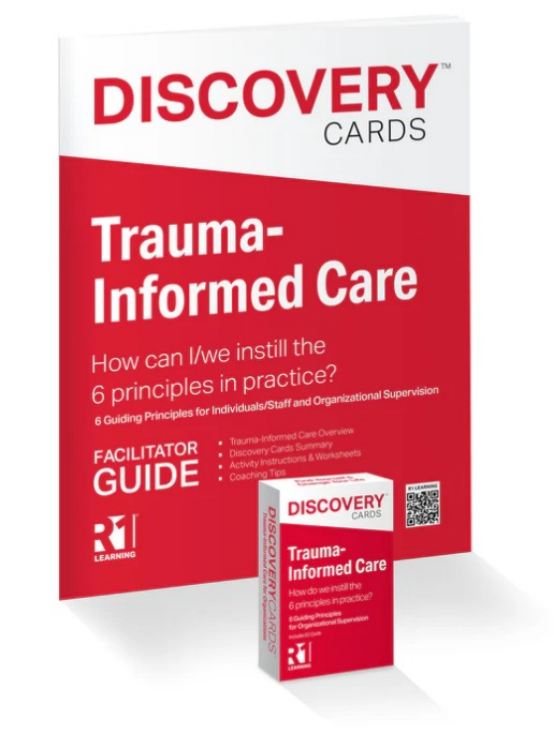
Recent graduates of the course told us the training was...

- *Spot on*
- *Very informative*

Want to move from confrontation to collaboration? From frustration to real change?

Get Instant Access Today!

R1 Learning Discovery Decks



Trauma-Informed Care (TIC) Adopting a TIC approach is not accomplished through any single technique, training, or checklist.

Effective trauma-informed care requires constant awareness, attention, caring, sensitivity, and possibly a cultural change at the organizational level.

On-going individual and organizational assessment of the 6 Guiding Principles will help embed this approach into daily practices.

The purpose of this R1 Learning topic is to help organizations, staff, and practitioners assess services in conjunction with SAMHSA's TIC 6 Guiding Principles and improve the outcomes for individuals served.

Topic Kit includes one Discovery Cards deck and one Facilitator Guide – everything you need to run an effective session.

Buy additional card decks to match your typical group size. Using behavior-based and color-categorized cards, group members will gain a deeper understanding of 6 Guiding Principles and 3 Environment Types.

The Facilitator Guide provides group leaders with everything needed to run structured, action-oriented sessions, including activity worksheets, and

coaching tips. Discovery Cards increase engagement, participation, and self-discovery and spark great discussions in group settings.

Buy today, and improve your engagement and outcomes.

Use the code **SANDY10%** to save on your own **R1 Discovery Trauma Informed Care Deck.**

Explore the TIC Discovery Deck.

Adverse Childhood Experiences (ACES) Topic Kit

This deck helps individuals identify which of ten (10) ACEs they experienced and which of the seven (7) Resilience Practices helped/help them endure, survive, and thrive.

Topic Kit includes:

One Discovery Card Deck (one for each group member; buy additional decks to match your typical group size). Card decks include:

- Sorting cards
- Category model definition cards
- Activity cards with questions to explore

One Facilitator Guide, which includes:

- Model overview
- Card deck summary
- Activity instructions and worksheets
- Coaching tips

Use the code **SANDY10%** to save on your own **R1 Discovery ACES Deck.**

Explore the ACES Discovery Deck.

Sandra Rivers is a proud member of the NYCB Trainers Registry.
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