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

If you've been thinking about expanding your work as a peer professional, now is the time.

I'm excited to share that I've completed the CCAR Train-the-Trainer and am now a Recovery Coach Professional Facilitator.

I'm approved as a New York State Best Practices Trainer, a member of the NYCB Trainers Registry, and an OASAS-approved trainer.

As the mother of two adult children in long-term recovery, I also bring lived experience to this work.

Are you ready to...

Build your own business supporting families?

Earn your RCA certification?

Gain the tools to support families with confidence?

Our training programs can help you get there.

Upcoming Trainings — Enroll Now

Recovery Coach Academy (RCA) — July Session | Learn the foundations of effective recovery coaching.

Ethical Considerations for Recovery Coaches — July Virtual Training | Handle challenging situations with clarity and confidence.

Spots for these live trainings are limited. Reserve yours today.

Our Medically Supported Recovery (MSR) course will also be available soon as an on-demand option, so you can learn at your own pace when it works for you.

Take the First Step Today

Open new doors for your career and help change lives.

➡ Click here to enroll in the July training.

On Non-Traditional Approaches

Some of the most meaningful breakthroughs in recovery happen when we step out of talking and into doing. Non-traditional approaches like psychodrama create a safe, structured space to explore emotions, confront the past, and practice new ways of coping. All through action.

Emerging research and clinical practice show that psychodrama enhances self-awareness, strengthens emotional regulation, and improves interpersonal skills. Using experiential techniques such as role reversal, mirroring, and enactment, participants can safely externalize inner conflicts, rehearse healthier behaviors, and strengthen their engagement with recovery.

This September, join psychodramatists Jennifer Salimbene and Regina Sewall, along with recovery educator and coach Ruth Riddick, on the historic Moreno Stage to experience psychodrama for yourself.

Together you'll embody the Stages of Recovery model, which maps the recovery

journey across a lifetime, based on the work of Kathleen O'Connell and Phil Valentine from the CCAR Recovery Coach Academy.

Saturday–Sunday, September 6–7, 2025
9:00 AM – 4:00 PM
Boughton Place, Highland, NY (near Poughkeepsie Amtrak & MetroNorth)

Continuing education credits are pending, and the workshop also qualifies for psychodrama training hours.

➡ Register here

Come see how non-traditional, experiential approaches like psychodrama can bring recovery to life, and help you support others more fully on their journey.

Curious and want to read more about the effectiveness of psychodrama?

- **Dayton, T. (2005).** *The Drama Within: Psychodrama and Experiential Therapy.* Health Communications.
- **Kipper, D. A., & Hundal, J. S. (2005).** The effectiveness of psychodramatic techniques: A meta-analysis. *Group Dynamics: Theory, Research, and Practice, 9*(2), 101–111.

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 To:

- *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?

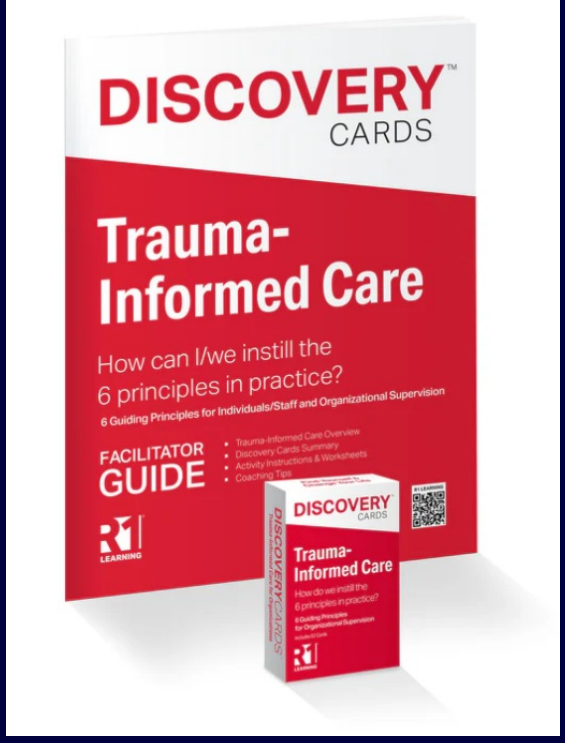
Get Instant Access Today!

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.
#20207022.

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