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NAADAC

GUIDING CLIENTS IN SELF-AWARENESS FOR AUTHENTIC IDENTITY
MANAGEMENT

ASSOCIATION FOR ADDICTION PROFESSIONALS
PRESENTER: KARYL SABBATH

MAY 22, 2019

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>> SAMSON TEKLEMARIAM: Hello, everyone, and welcome to today's webinar on Guiding Clients in Self-Awareness for Authentic Identity Management presented by Dr. Karyl Sabbath. It's great you can join us today. My name is Samson Teklemariam, and I'm the Director of Training and Professional Development for NAADAC, the Association for Addiction Professionals. I'll be the organizer for today's event. This online training is produced by NAADAC, the Association for Addiction Professionals, and closed-captioning is provided by CaptionAccess. Please check your most recent confirmation email or our Q&A and chat box to use the link if you wish to use closed-captioning for today's live webinar.

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You are curious about the CE quiz, it will be posted online about an hour after the webinar or it had the latest early tomorrow morning. Usually, it takes us about an hour. It will not be available immediately after the webinar. Sometimes right when the webinar closes, we wonder what the survey is. The survey is for feedback. The CE quiz, something you have to go back to our website to access. And this webinar is

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approved for one continuing education hour. Our website contains a full list of accepting boards and organizations. And as you know, it's free to watch this webinar, but if you want a CE Certificate, that will be emailed to you if you take the following four steps.

One, watch and listen to this entire webinar. Two, of course pass the online quiz. Which again will be posted right about an hour after the webinar later this evening. If applicable, submit payment for the CE Certificate or join NAADAC. The fee for this is, for one CE a non-member is \$15. And then of course about 21 days after completing the quiz, you will get a link to download your certificate.

We're using GoToWebinar for today's live event. And here's some quick important instructions. So you've entered into what's called "listen-only" mode. That means your mic is automatically muted to prevent any disruptive noise. If you have any trouble hearing the presenter, I recommend switching to a telephone line. Sometimes Internet connections may not be strong enough to handle webinars. So if you have any questions for the presenter, you can always type them into the questions box. You will see these on – you'll see the questions box on the GoToWebinar control panel, just like the one you see here on my screen.

Otherwise, we'll make sure to collect your questions, present them to the presenter during the webinar or in a PDF file that will be posted on our website later on. Now, let me tell you about today's very skilled presenter. Dr. Karyl Sabbath is Internationally Certified Clinical Supervisor, family leader, earned her doctorate degree in interpersonal communication from Ohio University. She taught more 21 years at Otterbein University, was moved to the full-time professor in 2002 and retired with an Emeritus status in 2010. She served as an outpatient and inpatient counselor for 7 years. Served also as a trainer of trainers for the Ohio Chemical Dependency Board and trained students for organizational consulting throughout her tenure at Otterbein college.

She is licensed in Ohio as an LIDC, and in Colorado State University is an LAC. Dr. Sabbath is presently teaching for the Colorado State University communication department. And her 1999 chapter in communication and recovery, perspectives on 12-

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step group examines communication styles of adult children of alcoholics. NAADAC is delighted to provide this webinar to you presented by this wonderful professional. So Dr. Karyl, if you are ready, I will hand this over to you.

>> KARYL SABBATH: Thank you, Samson. And I appreciate the nice introduction. And I am excited for speaking to all of you today. And I'm hoping that you can all hear me. And that's my little face that you see on this slide. And I'd like to get going. As we start, I would just like to say that I'm very invested in the topic that we're focusing on.

And, so, I would like to begin with just sharing the learning objectives that are going to guide us today. And, so, the learning objectives that we are going to cover are first in the vein or in the thought of looking at self-awareness for your clients. Think about recognizing first the importance of self-awareness in the recovery process.

The importance of focus on the self for clients can be a great starting point, can build a lot of great strategies, and that's what we're going to talk about today. Especially, a specific strategy.

So secondly, I want to think about all of us considering the significance of self-assessment as a tool for both getting the client to view themselves in realistic and authentic ways, and also for that image of presentation to others. And how important it is for all of us, I think, for us to consider not only our own judgment view, but also that how we send out messages to others.

And, lastly, this gets more specific. I'm going to propose to all of you today that strategy for guiding your clients in the recovery ownership, so I'd like to repeat that. The client's ownership of the recovery program by creating a personal brand statement or statements that propose their ownership.

I'm going to argue that not only is this an important stage or step in your guidance of clients for their own well-being, reaching their own possible ideas of potential, and getting comfortable in the present for working on their program and owning it. But also, I want to suggest to all of you that this is a great strategy for building alliances between your client and you, as the counselor.

Supporting clients' self work is perhaps one of the more challenging and rewarding aspect in client-counselor relationship. Both we work in inpatient and outpatient. I worked in/out patient and then moved into adult unit of an in-patient program. And I know that self work can be very challenging. But I think the rewards are there.

Depending on how much time is involved in their lives with substance disorder, behaviors, the intensity, the conditions and experiences, recovery orient support is going to demand lots of different strategies and techniques for guiding clients in their daily recovery orientation. And I know you're all sitting here thinking about all the strategies, all the great techniques that you utilize daily.

So, please know that none of what I'm going to be talking about today is saying that anything should change, except that for you to consider integrating the strategy that I'm going to offer through brand development.

Guiding clients in their personal brand development offers the opportunity for valuable exchanges between you and the client. So I believe this is a basis for alliance building. As I've said, the learning objective will guide our sequencing. So we're going to look at the importance of self-awareness. We're then going to be looking at the significance of self-assessment in the recovery-oriented process.

And then we're going to be looking at personal brand statements and how perhaps your strategies could involve some of this for guiding your clients in ownership of the recovery programs.

Oops. Didn't the click over.

So, I do want to say a couple of words about why I value self-awareness for managing one's own identity. I believe in the importance of getting to know self so we can have an ability to make choices. Choices of action that corresponds with how I see myself. And in this vein, you know, why we're here today. Your clients' way of seeing themselves. Presently and even how they have looked at themselves in the past. And this is tough work between counselor and client.

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And because of view of self may be very congruent and very confusing. How I want to see myself is huge. And then how I want others to see me as add an additional layer. I believe gaining and growing our self-awareness is a lifelong process. And this image that I've provided you just gives an assortment of terminology from identity to objectives, to questions, to evaluation, and confusion. And offering just the complexity of this process of both integrating the view of self and the image I present to others, which is called "Identity management."

We have more opportunities when we have ways in which we can talk about our identities. It gives the client language. It gives the clients ways of more authentically assessing themselves, and integrating their actions into their self views.

Who I am. Who we are. This is central to sustaining a sobriety, sustaining a recovery program that fits.

If I don't know who I am, then I am going to be subject to being influenced by others. You know, we know that online and in our daily face-to-face communication, especially, for our children, but also across-the-board as we are adults, we're subject to other's view of us. If we're not clear or align with how we see ourselves, then it gets really confusing, really difficult to sustain a sense of clarity about who I am. If I am looking at the views of others, but I have no real good reasoning to not buy into their perspectives, and that their judgment is well-founded or biased, or untrue, or actually something that I should be listening to.

As we know, working with clients process is also looking at someone or individuals that are subjected to [Indiscernible]. And emotions can easily affect how I see myself. One day I might feel happy or kind of like myself because of that sense of feeling. But then another day, I feel sad or disappointed. And then I carry around a self-view that might be much more negative.

In relation to how I see myself is going to impact how I am dealing with my emotions. And the yellow, anger and through this lens I can like myself or reflect that upon others and not like others. But if without an awareness of self, this recognition of what strengths or weaknesses I have, I'm not going to be really clear on am I right or am

I wrong in terms of what my interpretation was of what I'm taking in from the environment. And then the more -- the harder work is how do I feel?

So, what I'm laying out for you next is a series of a few different slides. There's going to be three, a sequence of three. And they're suggesting strategies for improving self-awareness. We're going to first start with the strategy of as you're working with your clients, the work of asking or having them ask themselves about themselves.

So ask yourself about yourself.

And to support you in this process, I've given you the first two bullet points of how do I interpret and evaluate my behavior? And then how do I interpret and evaluate my feelings? I want to know the importance of having these guidelines of interpret and value [Audio glitch] That added consideration of how do I interpret how I behave. And then the evaluation. Because we all know, right? That we continuously evaluate ourselves.

Some of us are very harsh on ourselves. Some of us interpret what we or how we behave or what we're feeling through very selective lens. And perhaps it's from, you know, the different messages that we received as children. And we've never derived through that lens. So working with you all, when your client is able to focus on this stuff, you can serve as sounding boards and assist them and guide them in its the interpretation they have about their behavior.

It's about how they're harshly, or maybe loosely, with no Foundation at all of evaluating how they behave and everything is okay or nothing is okay.

And, so, that's what I want to focus on is the strategy of getting a bit more selective in the questions that you're asking them to help them guide them through this process, writing things down, journaling. And then actually orally talking to you about these.

The last bullet is just an offer of some ideas and tools you can use with and I'm sure you have many assessment tools you might use that you really like and are very helpful. So I've just listed the who am I response test, and the self-image, positive or negative questionnaire. Those are just two ideas.

The next suggested strategy is to work with your clients in seeking feedback and listening to other's view about who you are. This idea of asking them to start listening to how their friends, family, sponsor, co-workers are responding to them. This might be in conversation. This might be in response to how they're behaving. Or just acting through their day.

What then do they say about me might even get closer to home as they begin to think about what is the feedback mean to me? What is it that they're really saying? But you know what? I think there's a huge next stage, and that is seeking the feedback and listening. That actually supporting our clients in going to trust others and asking for feedback, asking about how they have been seen us. That really gives you an opportunity to work with your clients to be prepared for those conversations. If they're going out and seeking out, so now they're not so subject to anything tats been said to me today I feel negatively about. Instead, they're actively owning this process and going and seeking feedback. And then they can come back to you, they can come back to their sponsor and talk about that process and the information that they've received.

And lastly, I've just put a taking care of who that feedback comes from, the counting how many likes I receive on Instagram can actually be a big distraction when we're thinking about authentic self-awareness for healthy identity management.

The third suggested strategy for improving self-awareness is identify the various ways you may present yourself in your different life roles. This is an exciting piece for me, because I think with this, you're advancing now. You're actually being able to have the conversations with your clients about their separate roles. You know, of course we can talk in general about how do I present myself? What do others think of me? How is their view of me? And how do I evaluate and interpret that?

But you know, if we break it out to assisting them and looking at their various roles, just the factual of looking at various roles provides them with an avenue of understanding or a better understanding of, wow, there are a lot of different hats I wear. I have a lot of different connections in my daily life. That might be at my 12-step meeting. That might be as a mother or father, as a friend, as a partner or spouse. How

is it that I see my role and presenting that role at work? Whether it be with my boss or with my co-workers?

And you know, I think that this conversation is important for clear self-awareness, because you can also, this alliance building stuff really comes through, because you can then talk to them and support them in, wow, you know, that presentation in your role as a co-worker or as a supervisor, or a subordinate in that certain job is going pretty well. Okay?

But this area of with my friend, or with my partner, that is that role that, in terms of how I'm presenting myself might have some incongruity with how I want to be seen. I argue that self-assessment is a self-determined and self-directed process that leads to growing one's self-awareness.

Okay. So, the two terms that I think are especially important here is self-determined and self-directed. And, of course, it is an ongoing process. All of this doesn't happen overnight. I think all of us coming together today know and realize that we are learning about ourselves all the time. And until the day that we pass, we are going to be, if we want to do the self work, we're going to learn something new about ourselves. Whether it's not congruent or not congruent on how we want to see ourselves.

So back to this self-determined and self-directed, I hope that kind of the essence of this in terms of healthy recovery-oriented processing is that their ownership. Right? That self-determine and self-directed is beginning to be an empowering piece.

So with that in mind, I'd like for you to take this first activity. Take a moment and reflect on how you might be assisting clients in terms of asking themselves about how they interpret and evaluate their behavior, their feelings. And then the second, deciding on simple strategies for how they seek feedback, listening to trusted others' views. And then a third is identifying some of the ways they present themselves in their various life roles.

So I actually wanted you to take a moment of the three strategies of becoming more self-aware and make some notes. Take a moment to think about a client that you're working with now. Or actually, how you might have done this in the past and ways in which you have supported and guided clients in one of these or two or three. So I'm going just, without sounding like we're offline, I'm going to give you a minute here and let you reflect on this without me talking to you.

[A moment of reflection time]

So that's been about 30 seconds, maybe 45 seconds. And, so, as you think about some of this maybe later on, you will want to make some more notes to what you have jotted down.

So, one of the things that I'd like to reinforce is that this self-assessment process leads to building language for your clients to identify and articulate themselves and to others "Who I am." Building language is empowering. And oftentimes, an individual, if they haven't practiced techniques of self-awareness, they are a little bit muted about how do they actually talk about it. And having you there as a support system and guider through this process is really powerful, I think.

So one thing would be to begin to identify what are my characteristics. It's also a way of increasing their knowledge about their strengths and their challenges. There's lots of different ways. There's journaling or having homework that is assigned so that they jot down different ideas of strengths and challenges that they have.

And then they can talk about them. Now, we're getting into looking even beyond. What are my goals? And identifying my skills that could get me there. That takes a lot of support in their recovery program. Especially, if it's early on. And identifying what skills do I have so that I can begin to reach my potential?

Or just a short-term goal, you know? And an ability to take ownership of how I present "Self" since I'm clear on how my behavior authentically fits on who I am. So that is my last bullet that I just like to reinforce of what can come out of self-assessment.

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SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, but also to live a self-directed life. Okay, you hear this "Self-directed" again. And strive to reach their full potential.

In that light, I think it's important to think about what self-determination and self-direction holds in terms of a value for the recovery process. NAADAC presents "Recovery is person driven" as one of their recovery-oriented guiding principles.

And the principal of recovery is person driven, identifies both in self-determination and self-direction as a Foundation for recovery as individuals to define their own life goals and design their own life path. So I think that fits really well with what we're talking about today.

So, a healthy identity isn't just based in the present. So when you're working with your clients, now this gets a little bit more difficult, right? Because I'm sharing Erikson's statement that he believed that a healthy identity is developed by integrating one's past, present, and future into a coherent narrative.

Well, there's your role again. That assistance of helping clients with building their story. So, this past-present-future perspective are essential. And there's couple of notes I want to share. First, these perspectives are shown when we consider how recovery and positive identity development compare? So the next text that you're going to see reinforces, again, what I see as a comparison between recovery and what we're here today talk about, positive identity development.

Both are dynamic processes, but they involve getting honest about past behaviors and present that might be maladaptive. And learn through healthy social support such as with yourself, with certain trusted family or friends, as well as people involved in their recovery program to make commitments to enacting practices for positive life role behaviors.

So both of these connect with one another. So, here we go. This now is going to be our focus for the next 10 minutes on creating a personal brand statement. This is the technique that I'd like to share with you and see, you know, this process, you may find that immediately. Oh, my gosh! I can think of clients that this might really assist me

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in working with. And for some of you, you might, you know, put this in the back pocket and then it comes to life as you integrate with a client here or there.

So constructing a personal brand supports clients in the process of self-determination and ownership of their recovery program. Why? A personal brand offers a self-directed technique for articulating an authentic self-identity by integrating the client's view of self and the image they present to others.

So a brand statement. You know, you can kind of think of it as like a mantra for how you articulate "Who I am."

And in addition to that it can be a technique for a client practice identity management. So this is actually a writing down, maybe even carrying around this idea of a brand statement and delving developing to grand statement. This is a long process. I've worked with students and to teach communication, communication in non-verbal and professional and family communication courses. And I spend a significant amount of time focusing on personal or self-knowledge and awareness, and assessment for each of my classes.

Because I believe that once they can own who they are and have language to talk about who they are, they're going to then be able to self-direct and self-determine their own communication in all kinds of context.

So, brand statement is a technique by which we can start developing ways to do that. I'm going to give you image. Three goals to include in your brand statement that can perhaps guide you and in guiding them. That instead of just saying let's put down a brand statement, that the integration of what's their identity, what's the image that they present to others, and then this third area of influence. How do I or what is my influence across different roles and different context?

Brand strategist, Melissa Dawn Simkins, now she's Johnson, but she was a student of mine in the 1990s, and has really carved out a place as this brand strategist in various roles. And she identified self-discovery behaviors associated with three main goals of successful brand, development, self-discovery of one's identity, or even an organization's identity. Self-discovery of image. And self-discovery of influence.

So let's look at self-discovery of identity really quickly here. Beginning strategies for creating a brand statement, one can create a list of personal characteristics. Identify skills, and abilities. Identify future goals and revisit and revise for clarity and authenticity. And this gives you this identity, the self-discovery process.

If you just think about where we've been in this webinar so far, remember back when I was looking at self-awareness? Here, this suggested strategy really fits with self-discovery of self-identity and building your brand statement.

So the next strategy is self-discovery of image for building a brand statement. And I believe that our suggested strategy for seeking feedback and listening is a really good one for helping them, your clients create ways of talking about, okay, what do I value from other people's feedback? What have I learned about myself?

The third strategy always fits under this image, development and self-discovery. These are ways that they will learn more and more about their images by looking at their different life roles and how they present themselves.

So building brand statements. Here's a few ideas perhaps. I'm learning to be kind, truthful, and patient, and can choose how I behave to others. Now note these are just developing ways how they may start building their brand statement. At some point, they're probably going to get to a happiness level or at least satisfaction of how they build brands. I have valid reasons to respect myself, and to expect respect from others. I'm learning to be optimistic about reaching my goals. I'm learning to build relationships that are based on trust.

Now, please note that these are just brainstorming ideas about brand statements. You will know through this self work with them, and becoming more and more trusted, how can you support them in building these statements?

I'm working on daily practices for health full living. Self-discovery of influence. That's the third of this brand strategy development. Recovery-oriented practices involve ongoing and dynamic process, as we've talked about before. A recognition of influence offers opportunities for continuous cognitive and behavioral growth.

I see this as like, as they are growing in this process that they're advancing. Now, in some cases, it's going to be right at the present that their influence, negative or positive, is something that you feel is really important to bring to the surface and talk about. But for many, I think this is going to be a later stage of the process of self-discovery and developing their brands, because you have then guided them in the conversations that begin with who I am. And what image do I present to others? And then moving into that self-discovery of how am I influencing or how could I influence certain others in the different roles that I play?

Self-discovery of influence represents the integration of clients' self-awareness, enactment of their life roles, and mindfulness of how their perceptions, and behavior can have direct and indirect influence on others.

Brand statements might start developing out of this process of influence. It could be I have the potential to be a role model. I aspire to be a mentor. I can choose to contribute positively, or positivity in my relationship with others.

So how do clients personal brand development promote a healthy alliance in your counselor client relationship? Well, I believe that the counselor is able to serve as a guide for the client in their self-assessment process while the client is able to enhance their self-directedness, by sharing with you their views of self, and getting more and more confident as they're building ownership of their recovery on a day-to-day, minute-to-minute, hour to hour kind of process on how they can start talking about and building clear and clearer authentic, you know, language that fits for them. It's not other people's words. It's their words. And it's their sentiments on the various personal perception of how they perform various life roles.

So, for the second activity real quickly, take a moment and reflect on how you might use the illustration of the three concentric circles as you guide in the creation of their own brand statements.

So to help you, I'm going to move to the visuals of the first one that you're familiar with. That having these connections with identity, image, and influence.

Here's a more specific one that I've laid out. So can you kind of imagine how you might have them build an illustration such as this? And identify these three layers of who am I? How do I show myself to others? And how do I want to influence others now and in the future? And that would assist them in constructing a statement. So if you could take a few notes about how you think this might apply to your work with an individual client that you're working with. And in those thoughts, I'd like you to consider, I'm hoping this, you know, might give you a technique of actually having them build this kind of concentric circle and answering these questions. And then identifying why. Like, so, building the identity and answering some of these questions about who am I after they have done some of this other self work. And the image stuff as well and, the influence stuff that we talked about. And then for you to be talking about, okay, why, why, why, why. Okay, what do you value about those answers? What do you value within that image portion? What do you value in the identity and influence?

And that is inviting them a Gateway to building a personal brand statement that might be very effective.

So, counselors can offer a safe space for clients sharing a self-perceptions and building their narratives they present to others. That safe space and that ability to provide them with a place to talk about build, develop their narratives is I think some of the most important work any of us can do.

So, how does a brand give meaning to the self amendment process? Well, construction of brand allows the client to articulate who they are, gained from their self-assessment process, while examining the alignment. So I haven't really talked a lot about this. But when I say alignment, I'm thinking in terms of how much congruency or agreement there is with their performance of life roles and forecasting a future influence and developing their self-identity.

In clearer words, I've just been saying, you know, that ability to construct a brand that has an agreement or a congruency across how they view themselves, how they talk about themselves, how they process this for the future, and how they see their developing self-identity as an influencer.

Thus branding I believe is a realistic recovery-oriented practice.

[Phone ringing in the background]

So let's go back to Erikson's statement that a healthy identity is developed by integrating one's past, present, and future into a coherent narrative. And, so, I hope that what I talked about today provides you with an ability to think about just another strategy, another technique that provides us with ways to do self work with clients and allows you to provide these for them to build their storytelling about who they are. But it's not like this is storytelling in terms of a narrative that doesn't fit.

If we can get individuals in their recovery process and building their programs to actually own the truth about who they are and start getting comfortable with seeing this at themselves, but also sharing that with others, and actually being in those social settings getting the feedback from others and layering that self-view, then that narrative becomes more and more authentic. And you know, the way I see it, it's a really great avenue for having sustainability in the recovery process. And I think that's what we all want for the people that we're working with.

I've given you some references of what I covered in today's webinar. And I really want to thank you for giving the time to listen to me and consider the ideas that I presented. And I'm surely hoping, I'm not sure if we have time, that's up to Samson what kind of time we have, but if there is time, I would love to hear any questions that maybe you might have. But it's been an honor to come to all of you today and share my ideas and I guess my passion about building more sustainable recovery programs for each and every one of the individuals that you're working with today, tomorrow, and in the future.

>> SAMSON TEKLEMARIAM: Dr. Sabbath, thank you for that wonderful presentation. And, yes, if you can stay online with us, we actually do have some time to take, I would say maybe 2 or 3 questions. And we have a good number of them in the questions box, but we'll definitely take 2 or 3. So I have a question here from James Padilla.

James asks: How can we help clients to understand how they interpret and evaluate how they behave and feel if they have never thought about this process before?

>> KARYL SABBATH: Yeah, exactly. Exactly. So, you know what? I really think James, that this comes down to a lot of first you playing with this notion for yourself.

So, if you work through, okay, what are some of the ways that I interpret how I behave?

How do I or what kinds of barriers or lenses do I use to evaluate?

So then it gives you language to talk to them about this. Like, you know, I talked to my students all the time, and in the past, I probably did an okay job with working with clients on this. But I've gotten better at it with the students in terms of scripts.

So, maybe if you think about talking to your clients with what scripts were they taught in their family of origin?

What scripts did they learn through their using period of time?

Right?

And those are going to be hard imprinted oftentimes into their views of how they evaluate themselves. And you're there to assist them. But once you start playing with this yourself, you're going to see right away how what your barriers are, and then just start brainstorming and listening to them in terms of the lens they come from with interpretation. Right?

And some of them are going to be so raw on feelings that that's a lot of work. But if you give them opportunities and, you know, getting creative with mapping things out. You know? Putting charts up on the wall and having them diagram stuff and interpretation, and interpretation, and interpretation with this person. When I go for a family visit with my family of origin, okay, now I start evaluating myself this way.

That gives them a lot of freedom when they can start looking at that through these lenses. But you're the guide. And you're the one who can support them in this.

But we have to have some awareness of our own selves in doing this, I believe. So hard work, but I think it's worth it.

>> SAMSON TEKLEMARIAM: Thank you so much Dr. Sabbath. I'm going to try fit in 2 more. I will give a shout out here to Mary Lynn, she actually mentioned exactly what you just said. That was one of her questions was should we go through it first and you closed out the statement and the importance of our own self-awareness.

>> KARYL SABBATH: Hot dignity.

>> SAMSON TEKLEMARIAM: How do you present the clients from listening roles they play versus identifying the core of who they are?

>> KARYL SABBATH: Okay, can you repeat that?

>> SAMSON TEKLEMARIAM: So Anna House asks how do you prevent the client from just listing roles they play versus identifying the core of who they really are?

>> KARYL SABBATH: Hmm... right. I think that's the first step is listing the roles they play, right?

So, your assist tense with them and listing the roles they play.

And then, after that identification happens, then go back, right? How do I interpret my behavior with this individual or individuals in that role? When I go to PTA meetings that I've just started going to, and I want to be this involved parent now. And, so, now I'm in this role of an involved and active parent. But, you know, all these people know one another. And what is my role in this context?

Interpreting and evaluating my feelings, interpreting and evaluating my behavior, and also seeking others in terms of what do you think I should do? But you know, getting to know some parents of another. I'm just doing this one context example. But getting to know some of the parents that are with some of my children's or child's, you know, their parents of friends. So, okay, checking this seeking feedback of strategy.

And, so, going back and all this self-awareness work is what's crucial. You cannot isolate one strategy from another strategy. It's about doing the dance through all of the stages and steps so that, yeah, I think that they should be rewarded for just

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identifying and giving them positive affirmation about just listing their roles. Because that's big awareness right there. But then, the hard work comes with interpreting and evaluating my feelings in those roles, my behaviors in those roles, et cetera.

So this is a long process. Thank you for the good question.

>> SAMSON TEKLEMARIAM: Great. I'm going to try squeeze in one more and then we'll close out. Excellent, thank you so much, Dr. Sabbath for this. Cynthia Hudson. She asks how does telling the story of 12-step setting relate to the brand building process?

>> KARYL SABBATH: Oh, how good. That was so good I got shivers on that one. I'm so glad that it makes me feel really positive that you're thinking in those kinds of ways.

Well, you probably could answer a lot of this question yourself. Right? And thinking about work with your clients, and considering this, their storytelling in their narratives, in their 12-step work. But think about the fourth step. And like, oh, my gosh, it takes so much work to get to the fourth step.

And, so, that importance of feeling more settled in into the more accuracy or truthfulness and authenticity when one would take their fourth step. I think this is huge, right? And, so, I'm so glad you asked that. I just think that, I wish we could just converse about that for 15 minutes here. But that is, I think, instrumental in terms of doing 12-step work and actually having done the self work to get there so when you're doing the inventory, you're going to really be owning it. And you're going to have a lot more language to build around that. So it's going to be more fulfilling. And you're going to hit more of your potential of the areas that you're working through identifying. And then working past that. Oh, I think it's such a great question.

>> SAMSON TEKLEMARIAM: Thank you so much, Dr. Sabbath and everyone else thank you for your questions. We'll get to the rest of them in our Q&A document that will be posted on our website. I just want to remind you everything you need to know about the particular presentation today is on the NAADAC website. You can launch the recording after the live event, download the PowerPoint slides, take the CE

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Also mark your calendars for June 13 through the 15 at Portland Marriott Downtown Waterfront. We have an incredible conference with some outstanding speakers in the northwest like Carlo DiClemente addressing the topic of embracing the future of addiction recovery. Visit our website to learn more. I'm be presenting as well. The remaining 2019 have been scheduled, but we just launched our 2020 call for webinar presenters. So if you are a subject matter expert on the topic relevant to addiction professionals, I'd like to encourage you to complete the online application for a chance to present on the nationally broadcasted and promoted webinar. This is really an excellent opportunity for you to share your research and marketing for your publications or your treatment success. The deadline for submission is Tuesday, July 16, 2019.

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[End of webinar]