Do You Know Who You Are and For Whom You Provide Services?

Welcome, your facilitator will be:
Samson Teklemariam, LPC, CPTM
- Director of Training and Professional Development for NAADAC
- NAADAC, the Association for Addiction Professionals
- www.naadac.org
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Do You Know Who You Are and For Whom You Provide Services?
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Webinar Learning Objectives

Learning Objective 1: Participants will experience a different strategy for establishing rapport and a working contract for change with clients.

Learning Objective 2: Participants will experience personally and in observation the impact of this personal strategy for defining alignment in the change contract.

Learning Objective 3: Participants can increase their own knowledge of their areas of counter-transferential vulnerability in their clinical work.

ERICKSONIAN PSYCHOTHERAPY

MILTON H ERICKSON

1940s
MHE took a stand that as rapidly as problems and symptoms appear, they can resolve.

1944
MHE overtly challenged the notion of “need to make unconscious conscious, and described that through hypnosis some pathological defenses spontaneously crumble.

Over the years...
Over the years he quietly distanced himself from psychoanalysis and became known for the rapidity with which he was able to stimulate healing.

Roxanne Erickson-Klein PhD
2019

Do You Know Who You Are and For Whom You Provide Services?
“Traditional psychotherapy often fails by giving primary or exclusive focus to the ‘problem’ and talking about it, thereby holding it in isolation, without human resonance or connection.”

“Each response is an impermanent solution. We need to continue to create new responses to the changing needs and values of the self and the situation.”

“Milton Erickson stated a tradition of creatively accepting the problem, touching it with positive human presence, framing it as a resource, and connecting it to the many other resources in a person’s life.”

Stephen Gilligan Ph.D. Trance and Human Connection: The cornerstone for creative development 2019
We are influenced by all three levels all the time:

- **Conscious Mind**: Awareness of our own circumstances – who, what, where, & when

- **Subconscious Mind**: Awareness that draws our attention but is not readily noticed

- **Unconscious Mind**: The reservoir of life learnings below the level of conscious awareness that may not ever be brought to conscious awareness

Roxanna Erickson-Klein PhD

**CONTRACT TO CHANGE**

“I thought I might like to try to make a little progress in exploring the reasons, by going back to find out why you can’t seem to be able to learn how to be more confident and not be so blocked your many problems.”
The goal of the behavior is the result of the behavior: It’s not what you intend to do or say. It’s the response that determines the meaning. No failure. Only feedback.

Every behavior is useful in some situation: Everything you know how to do is useful in some situation.

We respond to our internal maps of reality, not to reality itself. Your identity, beliefs, and values will determine your response to everything you encounter.

PATIENT’S NAME
- Date of Birth
- Age
- Description of current life circumstance

DEMOGRAPHICS
- Family composition
- Family residence/s
- Siblings’ age, social situation
- Children’s age, social situation

Goals
- Patient goals (in patient’s own words please)
- Agency goals
- Legal goals
- Goals of case managers
- Impact of goal achievement on life
  - What difference will achievement of goals make in patient’s life?
  - How will patient and others recognize achievement of goals
- Challenges to progress
- Strengths in support of progress

RECOMMENDATIONS
- Needed
- Resulting from discussion

Lessons learned from case discussion:
- About client
- About case management
- About therapist
CASE CONCEPTUALIZATION

- World
- Country
- Community
- Family

• Person:
  - symptoms, problems, consequences
    - Actions
    - Thoughts
    - Feelings
  - Past--present--future
    - Conscious mind
    - Subconscious mind
    - Unconscious mind

Your side of the Conversation

- Do you know how your mind thinks?
- Have you changed your mind?
- Have you grown your mind?

DAWNA MARKOVA

Share your responses in the QUESTIONS box
Polling Question 1

Do you know how your mind greets and triages people?

A. Auditorily
B. Kinesthetically
C. Visually

Polling Question 2

How does your mind make decisions to drop irrelevant information and think about other information?

A. Auditorily
B. Kinesthetically
C. Visually
Polling Question 3

Do you know how you organize information to think?

A. Auditorily
B. Kinesthetically
C. Visually

Polling Question 4

Do you know how and where you store creativity, lessons learned, or hurts?

A. Auditorily
B. Kinesthetically
C. Visually
Polling Question 5

Do you know the bridges?

A. Auditorily
B. Kinesthetically
C. Visually

What have you always wanted to try and haven’t?
What kinds of activities don’t interest you in the least?

What school subjects have you learned easily?
Which were difficult?

Do you read a lot? Do you write a lot?
What are your favorite ways to relax?

In what ways do you like to be creative?
What do you already know about how you learn?

How do you know when someone really loves you?
What is the 1st thing you notice when you enter a room?
When you enter a party in a new setting, what do you notice 1st?
**POTENTIAL CASE PROFILES**

<table>
<thead>
<tr>
<th>ADHD</th>
<th>Bipolar Disorder</th>
<th>25-year alcohol use</th>
<th>Your symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complex PTSD</td>
<td>PTSD</td>
<td>Marijuana habit</td>
<td>Complicated bereavement</td>
</tr>
<tr>
<td>Cocaine &amp; Heroin</td>
<td></td>
<td>Alcohol habit</td>
<td>PTSD</td>
</tr>
<tr>
<td>Substance Use Disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Drug exposed in utero     | Oldest of 5                        | Sexually abused by  |
| Disciplined physically    |                                   | stepfather to save  |
| Bullied                   |                                   | siblings            |
| Sexually abused           |                                   | Husband sexually    |
| Runaway                   |                                   | abuse their kids    |
| Juvenile detention        |                                   |                     |
| Jail with drug charges    | Abortion                          |                     |
| Drug rehab                | Pregnant at 14                     |                     |
|                           | Abortion                          |                     |
|                           | Pregnant at 17                     |                     |
|                           | Abused by father of child         |                     |

| Sexually abused by        | Sexually abused by stepfather to  |
| stepfather to save siblings| save siblings                      |
|                           | Husband sexually abuse their kids  |
|                           |                                  |
|                           | Daughter killed at 18             |
|                           | Grandson killed at 18             |

| Drug exposed in utero     | Oldest of 5                        |
| Disciplined physically    |                                   |
| Bullied                   |                                   |
| Sexually abused           |                                   |
| Runaway                   |                                   |
| Juvenile detention        |                                   |
| Jail with drug charges    |                                   |
| Drug rehab                |                                   |
|                           | Drug exposed in utero             |
|                           | Disciplined physically            |
|                           | Bullied                           |
|                           | Sexually abused by boys, girls, & men|
|                           | Pregnant at 14                     |
|                           | Abortion                          |
|                           | Pregnant at 17                     |
|                           | Abused by father of child         |
|                           |                                   |
|                           | Sexually abused by stepfather to  |
|                           | save siblings                      |
|                           | Husband sexually abuse their kids |
|                           |                                  |
|                           | Daughter killed at 18             |
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**Milton H Erickson PhD**

“People don’t come to therapy to change the past. They come to therapy to change the future.”

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**UPCOMING WEBINARS**

**July 22nd, 2020**

*Measurement Based Care: An Essential Component of High-Quality Behavioral Healthcare*

By: Julia S. Finken, RN, MBA, CSSBB, CPHQ

**August 5th, 2020**

*Increasing Effective Clinical Supervision for SUD Treatment Providers*

By: James Campbell, LPC, LAC, MAC, CAC II and Celeste H. Hutchinson, MA, LPC, NCP, MAC

**July 29th, 2020**

*Cultural Humility Series, Part IV: Critical Issues in LGBTQIA Patient Care*

By: Allison (Alli) Schad, LCSW, LCAS, SEP and Peter Pennington, LPC, NCC

**August 7th, 2020**

*Advocacy Series, Session III: Bolstering the Addiction Workforce – A Call to Action*

By: Israil Ali (HRSA), Cynthia Moreno Tuohy, BSW, NCAC II, CDC III, SAP and Julie Shroyer, MSW

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**Cultural Humility Series**

- **Part I: Understanding SUD Disparities Among LGBTQIA People**
  By: De'An Roper, PhD, LCSW-S
- **Part II: Social Class Bias and the Negative Impact on Client Treatment Outcomes**
  By: Anthony Rivas, EdD, LMFT, LAC, MAC, SAP and Bita Rivas, EdD, LPC, LMFT, LAC, MAC
- **Part III: Do You Know Who You Are and For Whom You Provide Services?**
  By: Janice Stevenson, PhD
- **Part IV: Critical Issues in LGBTQIA Patient Care**
  By: Allison (Alli) Schad, LVSW, LCAS, SEP and Peter Pennington, LPC, NCC
- **Part V: Substance Use Disorder Treatment for Latinx Communities**
  By: Pierluigi Mancini, PhD, MAC, NCAC II
- **Part VI: Why It Matters Now More Than Ever**
  By: Miguel E. Gallardo, PsyD
- **Part VII: Four Directions of Diversity: Honoring Differences**
  By: Don Coyhis, Mohican Nation

www.naadac.org/cultural-humility-webinars
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Thank you for joining!

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