

A stylized illustration of three people. Two are in red and one is in blue. They are holding a large, dark oval sign with a white border. The word "PRO-ACT" is written in white, cursive-style letters on the sign. The background is white with two vertical blue bars on the left and right sides.

***TRAINING***  
***2010***

***PRO-ACT***

Ambassadors for Recovery



# 5 Convenient Locations to Serve You

## Philadelphia

**1701 W. Lehigh Ave. #6 • Philadelphia, PA 19132 • 215-223-7700**  
**444 N. 3rd St. Suite 307 • Philadelphia, PA 19123 • 215-923-1661**

## Southern Bucks County

**1286 Veteran Hwy, D-6 • Bristol, PA 19007 • 215-788-3738**

## Upper Bucks County

**25 Beulah Road • New Britain, PA 18901 • 215-489-6120**  
**252 W. Swamp Rd. Bailiwick Unit 12 • Doylestown, PA 18901 • 215-345-6644**



# Course Description

## **A Biblical 12 Step Journey: 4 PCB credits**

A pathway to recovery can be one that is Biblically based. This seminar will take a look at the 12 steps by using scriptures that speak to the principles in each step.

## **The Evolving Role of Self-Disclosure: 4 PCB credits**

With the advancement of peer to peer support services comes change in the way of self-disclosure has been viewed and utilized by direct service providers. While not long ago was self-disclosure seen as unprofessional and taboo, we are now learning how powerful a tool it is in a providers tool belt when used to inspire hope. All of this has resulted in a reevaluation of boundaries and new challenges for front line staff. This workshop will look at the evolved role of self-disclosure in providing direct services, identify the strengths and challenges associated with doing so, distinguish between appropriate and inappropriate self-disclosure, and bring the focus back into what exactly the goal of self-disclosure is.

## **Drug/Alcohol Confidentiality : 3 PCB credits**

Identify and discuss all Federal and PA State law governing drug/alcohol treatment

Attendees will learn:

- How to manage drug/alcohol information received from Person in Recovery
- How to resolve conflicts between Federal and State laws.
- How to protect the drug/alcohol confidentiality of Person in Recovery

## **Family Matters: 3 PCB credits**

Participants will explore the issues of how family members often interact: "The Good, The Bad & The Ugly", but also how family members can often be helpful in promoting recovery, with the correct tools. This session will explore how Family Psychosocial Education can work.

## **History of the Twelve Steps: 3 PCB credits**

This will be an overall presentation of the 12 Steps. This includes the history, how they were developed over 70 years ago, their purpose and the impact on the millions of recovering people in the 100 + 12 Step programs that exist today



# Course Description continued

## **Foundations of Volunteering: 4 PCB credits**

To establish the concept of group goal-setting, and the development of objectives and guidelines. To facilitate participant's identification of strengths as a volunteer for an addiction recovery support organization. To introduce and reflect on addiction/ the brain disease. To provide information on helping relationships, vis-à-vis setting, reinforcing and maintaining boundaries. To facilitate participant's identification of strengths as a volunteer for an addiction recovery support organization. To introduce and reflect on addiction/the brain disease. To provide information on helping relationships, vis-à-vis setting, reinforcing and maintaining boundaries.

## **Group Leadership and Facilitation Skills: 4 PCB credits**

To establish group goal-setting, as well as objectives and guidelines. To prepare participants with excellent communication skills. To review state and federal guidelines and standards regarding client confidentiality. To provide information on conflict resolution. To optimize participant's choices regarding their volunteer path in an addiction-recovery support organization

## **HIV/AIDS What's Happening Now: 3 PCB credits**

The purpose of this workshop is to provide participants with an overview of the HIV/AIDS epidemic, which includes the scope of the problem, modes of transmission, methods for prevention, disease progression, options confidentiality of HIV – related information and community – based resources.

## **Medicated Assisted Recovery: 3 PCB credits**

- Discuss relevant information about Philadelphia recovery transformation movement it pertains to the medication assisted treatment / recovery population
- Recognize special characteristics of medication assisted treatment / recovery population
- Identify evidence based practices and other special considerations when advocating for the medication assisted treatment recovery population.
- Examine the stigma attached to medicated assisted treatment / recovery



# Course Description continued

## **Professional Ethics: 1.5 PCB credits**

Participants will receive an in depth presentation of the “Rules of Conduct and Professional Standards as set forth by the Pennsylvania Certification Board for the delivery of Behavioral Health Services and Treatment in the Commonwealth of Pennsylvania. Participants will gain knowledge in key terms used in the code, rules of conduct, professional standards, safety and welfare, record keeping and disciplinary procedures.

## **Recovery Principles: 3 PCB credits**

The goal of this seminar is to give the audience a working knowledge of the recovery process and to instruct them on the use of tools designed to help them or their clients remain clean and sober. These tools revolve around an explanation of six (6) core principles and established recovery language and are further explained so as to give greater meaning to the importance of each one.

## **Introduction to Reiki; 3 PCB credits**

Reiki is a traditional non-manipulative, non-invasive Japanese holistic medical technique. Reiki helps an individual to develop emotional, mental, physical and spiritual energy.

## **Recovery Coach Training ; 6 PCB credits**

To understand the role of Recovery Support Services within the Recovery Community and to define the difference between a sponsor, counselor and recovery coach. Understand the holistic benefits of peer driven and peer delivered support services. Utilizing exercises in identifying personal strengths of the recoveree and strategies on how to develop a recovery plan through practical application. To recognize the importance of ongoing Supervision and self care in a peer support relationship.

## **Relationships in Recovery: 3 PCB credits**

The goal of this seminar is to enlighten participants about the phenomenon of replacing old habits with new ones in early and middle recovery stages. This seminar examines the need of most people in recovery who feel a void and attempt to find easier and softer ways to fill the void. Usually, these people reach out and get into relationships and, as usual, for the wrong reasons. The information that will be discussed during this seminar has roots in the Terry Gorski pamphlet “Why love goes wrong in Recovery” and will highlight the Stages and Levels in relationships and how to be more realistic when entering and maintaining a relationship.



# Course Description continued

## **Talking about Recovery – Motivational Interviewing: 3 PCB credits**

The goal of this seminar is to view the process through the lens of the stages of change as described by Prochaska and Miller (1996) as they initiated the concept of **Motivational Interviewing** as a treatment model. During this seminar, recovery will be viewed through the various stages of the change model that will give the audience an opportunity to examine what recovery entails.

## **Message & Media: 3 PCB credits**

Growing numbers of people in recovery and family members are talking about their recovery – to family members, employers and friends – and in the media. Sometimes they are giving “human interest” to a story or creating media stories because of the work that they are doing in their communities. The media help us reach policy and decision makers; educate the public and recruit new members to our growing movement.

## **Women’s Issues in Recovery: 3 PCB credits**

This course will cover the following:

Understanding the differing patterns of substance experimentation, use and addiction among women and men.

Understanding the prevalence of trauma and abuse among addicted females and its influences on addiction and recovery.

Availability of gender specific treatment and recovery support services and when and how to recommend those.

Different patterns of motivation for recovery for women and how to employ those that resonate more for women.

Self-image and its impact on addiction and recovery. Techniques for assessment of trauma and other gender-related issues that may impact current and future treatment and recovery support services.

**For information on  
any PRO-ACT training call the  
location nearest you:**

**See Training schedule and locations on the next page**

# Training Schedule

**To register for a training, please call the location directly**

**Doylestown: 215-345-6644 x 3151**

**Phila (1701Lehigh Ave.): 215-223-7700**

**SBRCC: 215-788-3738 x 110**

**Phila (444 N. 3rd St.): 215-923-1661**

Course Title	Facilitator	Date	Time	Location	Fee
Group Leadership And Facilitation	William Webb/Jaime Devereaux Cathy McLaughlin William Webb/Jaime Devereaux	7/19 & 26/2010 8/16 & 23/2010 8/16 & 23/2010	6:00 pm - 8:00 pm 5:00 pm - 7:00 pm 10:00 am -12:00 pm	Philadelphia (444) SBRCC Philadelphia (444)	Free
Foundations of Volunteering	William Webb/Jaime Devereaux Cathy McLaughlin William Webb/Jaime Devereaux Cathy McLaughlin William Webb/Jaime Devereaux	7/12 & 14/2010 7/15 & 22/2010 7/12 & 14/2010 8/19 & 26/2010 8/2/2010	6:00 pm—8:00 pm 4:00 pm - 6:00 pm 6:00 pm—8:00 pm 4:00 pm - 6:00 pm 10:00 p.m.—2:00 p.m.	Philadelphia (444) SBRCC Philadelphia (444) SBRCC Philadelphia (444)	Free
Evolving Role of Self Disclosure	Brooke Feldman, CRS	5/22/2010	9:30 am– 12:30 pm	SBRCC	\$15
Recovery Coach	Cathy McLaughlin Sean Brinda, MSW	7/12, 19, 26, 2010 8/5,12,19/2010	4:00 pm - 6:00 pm 5:30 p.m.—7:30 p.m.	SBRCC Philadelphia (444)	Free
Confidentiality in Recovery	TBD	7/17/2010	9:00 am - 12:00 pm	Philadelphia (1701)	\$15
Nutrition and Recovery	TBD	8/14/2010	9:00 am -12:00 pm	Philadelphia (1701)	\$15
Medication Impact On Recovery	TBD	9/18/2010	9:00 am -12:00 pm	Philadelphia (1701)	\$15
Confidentiality In Recovery	TBD	8/14/2010	9:30 am—12:30 pm	SBRCC	\$15
Trauma Informed Peer Services	TBD	8/28/2010	9:30 am—12:30 pm	SBRCC	\$15