

COURSE DESCRIPTION

COURSE TITLE:	<i>YOUR BUTT IS IN MY SACRED CHAIR</i>
SUBJECT/CONTENT/SKILLS:	HOLISTIC TREATMENT/COUNSELING SERVICES/TREATMENT PLAN/CASE MANAGEMENT/EVIDENCE-BASED MODALITIES/RESISTANT CLIENTS
OHIO CONTENT AREAS:	PREVENTION R1 CHEMICAL DEPENDENCY C2
COURSE FORMAT:	ONLINE COURSE; DIGITAL WORKBOOK/ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
INTENDED AUDIENCE:	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.).
CE HOURS:	24
COST INITIAL/RENEWAL:	\$168/\$84
NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)	134
NUMBER OF POST-TEST QUESTIONS:	75

NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR:

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

EDUCATION/ACHIEVEMENTS:

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign findyourstrong.info
- Graduate Leadership Stark County, 18th Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

COURSE DESCRIPTION:

What counseling techniques really work?

Do you remember when you were in college and envisioned how you would be a rock star practitioner? Do you remember feeling unbridled enthusiasm for your future profession? You were gonna inspire droves of people, change

lives, and save the world. This typical social-working mentality is both noble and refreshing. But unfortunately, this zest is eventually introduced to the realities of the real world. And the truth is, outcomes in our line of work (social service, behavioral health, etc.) are generally pretty grim.

This course is a comprehensive guide to what really works in treatment and what doesn't work so well. Learn about "the sacred chair" concept and the importance of utilizing a holistic approach to wellness. This training will provide you the tools to implement more integrative, holistic, and innovative treatment practices.

This course is appropriate for practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

GOAL:

Participants will learn about what really works in treatment and gain the knowledge necessary to implement effective, integrative, holistic, and innovative treatment practices.

OBJECTIVES:

1. Participants will be able to recognize, understand, and describe the "sacred chair" concept, which encourages the client to implement meaningful change in order to seek/achieve happiness and fulfillment.
2. Participants will be able to recognize, understand, and describe methods for measuring treatment outcomes and the processes used to collect and report accurate data.

3. Participants will be able to recognize, understand, and describe the important role of the clinician and how "sick therapists" can negatively impact treatment outcomes.
4. Participants will be able to recognize, understand, and describe the pros/cons of 12 Step Programs and the importance of effective support services.
5. Participants will be able to recognize, understand, and describe the critical impact of early intervention.
6. Participants will be able to recognize, understand, and describe the importance of effective crisis intervention and a "first things first" approach.
7. Participants will be able to recognize, understand, and describe the importance of providing a balanced treatment approach and incorporating individual, group, and family sessions to accommodate the client's individual needs.
8. Participants will be able to recognize, understand, and describe techniques that inspire meaningful client movement and lasting change.
9. Participants will be able to recognize, understand, and describe Cognitive Behavioral techniques that are effective with resistant populations and describe how to utilize Cognitive Behavioral techniques to inspire client happiness.
10. Participants will be able to recognize, understand, and describe the importance of providing holistic care, which treats the mind, body, and spirit.
11. Participants will be able to recognize, understand, and describe the challenges of incorporating spirituality into the treatment process and the need to address the client where they exist and ethically provide the services they seek.

12. Participants will be able to recognize, understand, and describe factors that contribute to dismal treatment outcomes vs successful outcomes.

COURSE OUTLINE

- I. Introduction Materials (Tech Support, How it works, About the Author, Welcome, Disclaimers)
- II. Pre-test
- III. The Sacred Chair
- IV. Why Therapy
- V. The Mystery of Therapy
- VI. Outcomes Stink
- VII. What Doesn't Work
 - a. Outcome Measures
 - b. Sick Therapists
 - c. Therapist Unwilling to Learn
 - d. Misguided 12 Steppers
 - e. Staff Turnover
- VIII. What Does Work
 - a. Early Intervention
 - b. Rapport
 - c. Treatment Goals
 - d. Rules
 - e. Sacred Chair Philosophy
 - f. Admission Isn't Free
 - g. Crisis 1st
 - h. Mix It Up
 - i. Case Management/Boosters
 - j. Communication

- k. Understanding Benefits
 - l. Niche
 - m. Back Pocket Strategies
 - n. Co-facilitation
 - o. Time Management
 - p. Focus on "Getting It"
 - q. Manage Resistance
 - r. No Victim Stance
 - s. Confrontation
 - t. Holistic Treatment (Mind, Body, Spirit)
 - i. Basic Needs
 - ii. Stress
 - iii. Meditation
 - iv. Mindfulness
 - v. Positive attracts positive
 - vi. Forgiveness
 - vii. A New Tribe
 - viii. Balance
 - ix. Diet/Nutrition
 - x. Exercise
 - xi. Rest
 - xii. Communication between professionals
 - u. Root Problem
 - v. Integration Spirituality
 - w. Happiness/TFA & 3 C's Model
 - x. Reduce Fear/Embrace Life
- IX. References/Bibliography
- X. Post-Test
- XI. Course Evaluation/Survey