

# 2019 CASRA Trainings

## **Introduction to Psychosocial Rehabilitation**

The PSR practitioner works from a foundation built on hope, recovery and community integration. Explore the values and principles of the field of psychosocial rehabilitation in this engaging, experiential workshop and get grounded in the tenants that underpin the work of “walking with” on the road to recovery. (Recommended for those studying for the CPRP exam)

## **Psychosocial Rehabilitation Principles in Practice**

Using the Principles of PSR, participants will engage in a series of experiential exercises geared to enhancing the practitioner’s development of a strong foundation for using them in the real world. (Recommended for those studying for the CPRP exam)

## **Group Facilitation Skills**

Groups offer participants a powerful source of support, wisdom and positive energy to do the work of recovery. This workshop provides an overview of the core skills needed for group facilitators. Practice opportunities in Fishbowl exercises give participants a chance to observe and try out new skills.

## **Creating a Wellness Recovery Action Plan (WRAP™)**

What are you like when you are well? That important question is the start of creating a plan to feel that way and

## **Engaging Clients in Recovery: Overcoming Barriers to Change**

What are your beliefs about change? Have you checked in on the inner dialogue that lays the foundation of how you behave? This workshop looks at the practitioner’s role in the change dynamic. In addition, participants will explore some new tools for engaging the client in their recovery process.

## **Introduction to Trauma-Informed Care**

The experience of trauma is common among people with mental health diagnoses. As practitioners, we need to be aware of and sensitive to the long-term effects of this trauma and what we can do to help. Participants in this workshop will learn about the ACE Study and key strategies for helping someone who is impacted by trauma.

## **Understanding the Voice-Hearing Experience: An Experiential Workshop**

This three-hour workshop includes important information on the voice-hearing experience, along with video clips from Patricia Deegan, Ph.D., a consumer/survivor and developer of this powerful training. The training includes a 30-minute simulation of the voice-hearing experience and de-briefing session.

## **Crisis Intervention and Prevention**

This workshop outlines the risk factors for PSR practitioners working both in the field and in residential facilities. Three

maintaining your wellness over time. This workshop is variable in length, from 1.5 hours (overview) to a 2-day (12 hour) training to develop a full Wellness Recovery Action Plan.

**Strengths-Based Practice Workshop**

This two-hour workshop provides an opportunity to explore how PSR Practitioners can identify and enhance strengths both in themselves and in the individuals they serve. Participants will practice a variety of Strengths-Based Interviewing strategies.

**Person-Centered Recovery Planning**

It all starts with the plan. In this workshop, participants will learn about the basic elements of the recovery treatment plan: goal development, identifying strengths, exploring barriers, development of short-term objectives and delineating clear interventions (by both consumer and provider) that create a clear and hope-filled path to recovery.

**Recovery-Oriented Documentation**

The requirements of Medi-cal documentation do not eliminate the PSR practitioner's ability to be strengths-based in documenting the recovery journey. Participants will review the basic elements of writing a good note, evaluate a series of mock progress notes and practice writing notes that will do justice to both recovery and billing requirements.

areas of Safety Strategies are discussed:

1. Self-control/self-awareness
2. The Physical Stance
3. Communication Techniques

**Strengths-Based Supervision**

Supervisors are called to mentor, support and develop the supervisees under their leadership - a tall order amidst the other administrative demands! This workshop identifies key strategies for bringing out the best in supervisees, creating a collaborative, culturally relevant and empowering relationship for the best in staff development.

**Dialectical-Behavioral Therapy (DBT) Skills Training**

This workshop provides a brief overview of Dialectical Behavioral Therapy and then highlights the four core skills training modules: Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. Participants will have the opportunity to practice the skills and use a sampling of homework sheets from the skills training manual.

**Becoming a CPRP (Certified Psychiatric Rehabilitation Practitioner)**

This workshop provides an overview of all the information you need to know to get certified as a Psych Rehab Practitioner: what it is, why it's worth it and how best to prepare for taking the exam.

**Peer Providers on the Team**

People with lived experience are joining behavioral healthcare teams, providing much needed services as well as offering hope and inspiration for the fact that recovery is real. This workshop reviews the core role of peer providers, the values that underpin their work and identifies the pitfalls and solutions that can make all the difference in successful integration of peer providers on the team.

**Meaningful Roles for Peers in Integrated Healthcare Services**

Integrated healthcare is defined as the coordinated and seamless provision of care between Mental health, Physical health and Substance Abuse systems. This workshop features CASRA’s toolkit on the subject, reviews the tools and resources in the document and offers guidance on how best to utilize peers in this new vision of healthcare services.

**Culture and Worldview**

Culture is the ground of being from which we understand ourselves and others. This workshop explores the concept of worldview – the individual’s values and personal experiences that make up their views on life. Participants will learn and practice how to conduct a worldview interview.

**Community Integration**

It’s one of the three core goals of PSR, but are we actually doing it? How do we do it? This workshop explores the role of the PSR practitioner in helping people to re-connect to the community of their choice. Participants will learn how to identify the individual’s interests and a community

**Shared Decision-Making**

Assuring informed consent is key to ethical practice. This workshop outlines the key components of Shared Decision-Making (SDM) – the active inclusion of the client in all treatment decisions. Participants will receive resources to support this practice in their work.

**Boundaries and Ethics**

Is it ok to accept a small gift from a client? Is it ever ok to give a client my personal cell phone number? What about paying the client a good wage for doing some yard work for me? These and many other questions of boundaries and ethics arise as we do PSR work in the community. This workshop reviews the core ethical principles for PSR practitioners and offers guidelines for decision-making.

**Preventing Compassion Fatigue**

How can we as practitioners avoid suffering the “cost of caring”? This workshop explores the roots of compassion fatigue and the personal as well as environmental factors that increase risk. Participants will use the Professional Quality of Life assessment tool (ProQOL) and develop plans for self-care.

**What’s Happiness Got to Do with It - Increasing Positive Emotions**

It’s time to shift our attention from looking only at reducing the negative aspects of mental health challenges to actively developing well-being. Science is validating the importance of developing positive emotions such as gratitude, self-

location for it, work with the gate-keeper for the group and develop the individual's social capital.

**Developing the Strength of Self-Regulation**

Willpower – do some people just have it and others don't? This workshop will explore the research on willpower/self-regulation/self-control and address the following questions: Is willpower a muscle we can build up? How can we support someone who has self-regulation challenges? What are the most successful strategies for achieving those sought-after goals that require persistence, perseverance and tenacity?

compassion, kindness and a sense of awe. Find out how you can build these positive emotions in yourself and others.

**Customized Trainings**

Don't see what you need? CASRA will work with you to create a tailored training experience that best meets your needs. Just contact the Education and Training Director:  
debra@casra.org