

Online Course! SOS - "My Self Help" is not working... What could I do now?

The Copeland Center <info@copelandcenter.com>

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To: academy.virtual.community <academy.virtual.community@gmail.com>



SOS - "My Self Help" is not working... What could I do now?

Thursday & Friday, Oct. 14 & 15

11AM-2PM ET / 10AM-1PM CT / 9AM-12PM MT / 8AM-11AM PT



[Click Here to Register](#)

Self-help is a practice or tool that is unique to you.

We could use self-help tools for an extended period of time, however, at times these tools or practices stop working. For instance, when we do not feel safe to share with other peers in the field in fear that they will become aware that we are struggling with the challenge that 'things are breaking down'... Or our current support network is so limited in size and whomever is available to us could be unaware on how to provide us with effective support...

Then - “WHAT COULD I DO NOW?”

In this two-session (6 hr) class we will explore the following objectives:

1. Define ‘SELF-HELP’ and explore if it is different from ‘SELF-CARE.’
2. **Acknowledge our own interpretation of self-help and how this impacts our inclination to practice it ourselves.**
3. Learn to recognize the signs that alert us that our self-help practices or tools are no longer working.
4. **Understand why self-help practices could stop working for us.**
5. Identify new alternatives to support our self-help practices.
6. **Using an ‘initiative-taking or pro-active’ approach to create options for new avenues of extended support for our self-help practices. For example:**
 - Your clinical service provider
 - Your community allies
 - Proper use of evidence-based self-help tools
 - Learning from the ‘collective wisdom’

Time: Live online sessions will be 6 total hours. **All participants must be on camera throughout the training.** Reading assignments and online discussions will require approximately 1 hour of “outside of classroom” prep time.

Tuition: \$180.00 USD



Meet the Presenters:

Vivian Nuñez

BSW, CPS, COAPS, RECOVERY COACH, Advanced Level WRAP® Co-Facilitator, Freelance Recovery Initiatives Consultant & Trainer, Spanish Language Medical Interpreter/Translator/Editor.

Vivian was born & raised in Puerto Rico and moved to Massachusetts 34 years ago. She graduated from the University of the Sacred Heart in Santurce, PR with a bachelor’s in Social Work, a Minor in Advanced Psychology, and a 2nd Minor in Medical Sciences. After a long career as a mental health, trauma & addiction counselor/program director, she moved away of her provider role to become a Certified Peer Specialist in the state of Massachusetts; a Certified Older Adult Peer Specialist, a medical interpreter/translator/editor, a national WRAP® Seminar III Advanced Level Facilitator and a Hearing Voices support group facilitator. During the past 15 years she had used her lived experience and bi-lingual abilities (Spanish & English) to provide “peer support” to individuals with diverse recovery challenges to find “Wellness within their Recovery”.

For the past 10 years she has worked as a Peer Support Training Specialist providing self-empowerment recovery & wellness educational initiatives to members of hard to reach community groups. Since 2012, Vivian had been running WRAP® Seminar I across Massachusetts with a special emphasis on monolingual Hispanics. She currently designs, edits and delivers wellness and recovery skills development trainings to community members in recovery as well as to staff already active in the peer support workforce at a state and national level. She completed a full edit of the international Spanish WRAP® book. A recent achievement has been to become a Recovery Coach and working towards national level certification.



Meet the Presenters: Katie Wilson

M.S., Advanced Level WRAP® Co-Facilitator

Over the past decade Katie has worked to guide systems and organizational leaders to implement the evidenced based practice of WRAP as well help tailor wellness and recovery programs using the Copeland Center's network of trained educators for their organizational recovery events and services. In addition, Katie has grown the online offerings at the Copeland Center including the very popular Peer Specialist Webinar Series that happens each month.

Katie has worked for Marlboro College's MBA program in Managing for Sustainability, the Harry Frank Guggenheim Foundation, and the AmeriCorps*VISTA for Vermont Campus Compact. Katie received her BA from Bennington College and her master's degree from New York University's Center for Global Affairs where she studied international human rights and humanitarian assistance. During her time with the Harry Frank Guggenheim Foundation, Katie worked with staff from other philanthropies on the Convention on the Rights of Persons with Disabilities. Katie lives in Southern Vermont with her spouse, kid, and a curious kitten.

Certificates of Participation for 6 Hours Available!

Registration

Limited places available. Register early!!



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