

SAMPLE TRAINING AGENDA: Two-Day 16 Hour

**This schedule offers a loose overview of how a 2-day ITC training is structured. Topic order and pacing may vary depending on how the training is designed and timing day-of.*

Day 1:

9:00am: Welcome and Overview. The big picture of SUDs and their impact

9:30am: Overview of the evidence-based strategies included in the Invitation to Change Approach and evidence supporting their use

10:30am: Break

10:45am: Helping with Understanding: Behaviors Make Sense (overview of the topic, substance use reasons that make sense, impact of Understanding, Kelly Wilson meditation, debrief)

12:15pm: Lunch Break

1:15pm: Helping with Understanding: One Size Does Not Fit All (overview of the topic, considering diversity of substance use experiences and contexts, talking to families, impact, debrief)

2:15pm: Break

2:30pm: Helping with Understanding: Ambivalence is Normal (overview of the topic, ambivalence and uncertainty are part of the change process, acknowledging positives and negatives of use, ambivalence exercise: listening vs. telling vs. asking)

3:30 pm: The Importance of Practice (Stumbling and Positive Change, practice writing exercise)

4:30 pm: Review of the day and preparation for tomorrow

5:00 pm: End Day 1

Day 2:

9:00am: Check-in and review of Day 1 material

9:30am: Overview and framing for the day

9:45am: Helping with Awareness: Self-Awareness and Willingness (overview, noticing and accepting painful feelings and thoughts, two sides of the coin – connecting with values vs.

cmc: foundation for change

avoiding discomfort, My 80th Birthday, Willingness: choosing to confront truth, The Pause Button, debrief)

10:30am: Break

10:45am: Helping with Awareness: Self-Compassion (overview, self-compassion vs. “self-care,” Holding Shame meditation, three components of self-compassion, making space to care for loved one and self, self-kindness practices)

12:15pm: Lunch

1:15pm: Helping with Action: Communication Tools (overview, red lights and green lights, L-O-V-E skills, O-A-R-S, closed vs. open questions, affirmations, listening and reflection exercises, combining LOVE elements, recap and debrief)

2:30pm: Break

2:45pm: Helping with Action: Behavior Tools (garden metaphor: grow the positive, reduce the negative, behavior reinforcement deep dive, Finding Reinforcers, S-U-R-F, allowing natural consequences, limit setting, recap and debrief)

4:00pm: Wrap-up, review, questions

5:00pm: End Day 2