

Course Title: **Generational Diversity**

Instructional Time: 8-hours

Course Description:

This course will combine the evidence-based practices of interpersonal neurobiology such as Non Violent Communication (NVC), Motivational Interviewing, Imago and other related models to teach participants respectful, collaborative communication strategies when working with substance abusers. This systematic approach teaches the communicator how to utilize empathetic listening and acknowledge needs which lead to the ability to make requests to modify behavior. The participant will learn how to listen effectively, discover limiting beliefs, dispel labels, define what the window of somatic tolerance is, one up-one down thinking, power and identity, our circle of perception and impact vs. intention. We will examine the model of addiction, the 21-day commitment and the 8 day relapse window. An in-depth study of Maslow's Hierarchy of Needs will be explored and tied to ordering of rehabilitative goals.

*San Diego County hires an external instructor to teach this class; therefore, the material is not available for review as it is not property of the San Diego County Probation Department.

