



The Change Companies® Fidelity Platform

Learning and Development

Our Fidelity Platform is an integrated resource center providing a wide range of learning opportunities and resources to enhance the skills and knowledge of your staff. On-demand trainings, a microlearning library and facilitator resources support continuous learning and improvement that are relevant to job roles and career development.

On-demand Training

On-demand trainings focus on the core evidence-based practices of *Interactive Journaling*®, ASAM Criteria implementation and motivational interviewing. These on-demand videos can reinforce skills learned in live trainings or help new facilitators get up to speed.

Microlearning Library

Our microlearning library can help facilitators learn new skills, explore research and best practices, and promote wellness for themselves and others. Browse through our library of webinars, podcasts, interviews, demonstrations and more.

On-demand Trainings

Foundational Facilitation Skills for *Interactive Journaling*[®] 1.5 CEUs

This course is designed to provide participants with the foundational skills necessary to facilitate *Interactive Journaling*[®] sessions effectively. During the course, participants will learn the basic principles and techniques of facilitation, such as active listening, open-ended questioning, and creating a safe and supportive environment for clients. Participants will also learn how to use *Interactive Journaling*[®] as a tool for personal growth and development, including how to help clients identify and set goals, overcome challenges and build on their strengths.

- **Module 1: Introduction to *Interactive Journaling*[®]**
- **Module 2: Facilitation Skills**
- **Module 3: Facilitation Implementation**
- **Module 4: Strengthening Personal Motivation in *Interactive Journaling*[®]**
- **Module 5: Session Management**
- **Module 6: Reflection and Readiness**

Motivational Interviewing 10 CEUs

Motivational interviewing (MI) offers professionals in the fields of health care, criminal justice, addiction treatment and behavioral health a different way of thinking about and communicating with people about change. This training is perfect for individuals wanting a general introduction to MI or for experts wanting a refresher on this communication style.

- **Module 1 - The Spirit of Motivational Interviewing**
- **Module 2 - Engagement**
- **Module 3 - Focusing**
- **Module 4 - Evoking**
- **Module 5 - Planning**

On-demand Trainings

ASAM Series 12 CEUs

These modules help practitioners understand, assess and implement the six dimensions of the American Society of Addiction Medicine's Patient Placement Criteria (ASAM PPC). Skills that reinforce the module's learning objectives are practiced and applied through interactive case studies and followed up with a review from Chief Editor of the ASAM PPC Dr. David Mee-Lee.

- **ASAM Module I - Multidimensional Assessment**
Helps practitioners understand, assess and implement the six dimensions of the American Society of Addiction Medicine's The ASAM Criteria.
- **ASAM Module II - From Assessment to Service Planning**
Understand how to work with a participant's assessment and service planning to identify the best level of care in which to provide his or her services. Skills that reinforces the modules's learning objectives are practiced and applied through interactive a case studies.
- **ASAM Module III - Introduction to the ASAM criteria**
A quick orientation and reference guide for the 3rd edition of the American Society of Addition Medicine's criteria for patient assessment.

Helping People Change Complete Series 3 CEUs

This interactive program delves into the psychology of change, the stages of change, and proven techniques for fostering growth and transformation.

- **Understanding and Assessing Stages of Change**
- **Motivational Interviewing and Ambivalence**
- **Establishing the Treatment Contract**
- **Stages of Change — Implications for Treatment Planning**
- **Helping People Change**



On-demand Trainings

Understanding The Stages of Change 3 CEUs

Gain a better understanding of ways to help clients by applying the processes from the transtheoretical model of behavior change. Help your clients strengthen their own self-efficacy and learn tips for progressing through the challenges of life change.

- **Part 1 - Transtheoretical Model of Behavior Change**
- **Part 2 - Processes of Change**
- **Part 3 - Pre-action and Action of Processes of Change**

CBT 3 CEUs

Dive into the ABC model and the Three Goals of Rational Thinking. Understand the differences between rational and irrational thinking and learn about thought patterns in the form of attitudes, values and self-talk.

- **Part 1 - Cognitive-behavioral Therapy**
- **Part 2 - Rational and Irrational Beliefs**
- **Part 3 - The Three Goals of Rational Thinking**

Criminality 3 CEUs

Learn about Eight Common Criminal Thinking Errors along with Eight Positive Attitudes and Values to help better prepare your clients for real-world applications of these strategies.

- **Part 1 - Criminality**
- **Part 2 - Eight Criminal Thinking Errors**
- **Part 3 - Positive Attitudes and Values**

Microlearning Library

Curriculum Walkthroughs

Learn more about The Change Companies®' curricula and how they can be facilitated to enable participants to make positive life changes.

Webinars

Whether a seasoned pro or new to the field, this series of free webinars can help staff develop skills, enhance their therapeutic relationships, learn best practices and implement simple strategies for helping others make positive life changes.

Helping Others Change Podcast

Join us as we chat with experts and behavior change advocates about current events, issues and topics relevant to your field. With notable guests in behavioral health, criminal justice and substance use disorder treatment, we invite staff to explore these topics and more with us in "Helping Others Change."

Facilitation Skills

Whether working in a group setting or one-on-one, this series can help your staff be a better facilitator for your clients. Through situational role-plays, scenarios and demonstrations, we provide you with evidence-based behavior change tools and prepare you to put these tools into action.

Wellness Skills

In this series, we provide staff with skills and tools to help them promote wellness, build daily habits, manage stress and take a break to move throughout their day. Just a few short minutes dedicated to their well-being throughout the day can lead to increased productivity, decreased stress and a reenergized mind and body.