

GLOBAL EMPATHY
TRAINING ACADEMY

Road to Redemption

**A Holistic Approach to Personal
Development and Life Skills**

**2024 COURSE & WORKSHOP
OFFERINGS**

**Wrap Around Support for At-Risk and
Vulnerable Populations on Their Journey to
Discover Purpose in Life**

By: Dr. L. M. McKenzie

This work is dedicated to my ancestors, whose resilience continues to move the waters and restore humanity. I salute you.

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"A Journey of a thousand miles begins with one step."

Welcome to the Road to Redemption Program, where transformation begins, and futures are empowered. Our program serves the diverse population of Ventura County, offering a comprehensive range of workshops and resources tailored to meet the unique needs of individuals facing various challenges. Whether you're a foster youth seeking guidance, an at-risk adult striving for a better future, or an individual navigating the complexities of reintegration post-incarceration, our program is here to support you on your journey to a purposeful life.

At the heart of our program is a commitment to advancing personal growth, resilience, and community empowerment. Through our workshop series, participants can explore a wide array of topics, including career development, emotional well-being, parenting skills, financial literacy, and more. Each workshop is carefully designed to provide practical tools, valuable insights, and transformative experiences that empower individuals to overcome obstacles, unlock their potential, and chart a course toward independence and meaning.

Working with and funded by community-based organizations and county support agencies, our program not only benefits individuals on their path to redemption but also contributes to building a stronger, more inclusive community. By investing in the growth and development of our participants, we foster a culture of empathy, support, and collaboration where people can thrive. Together, we are creating a brighter future for Ventura County to vulnerable populations by providing equitable resources to support a more meaningful life.

If you are a community-based organization that would like a complimentary 30-minute consultation, please call (805) 388-7808 or email me at linda@globalempathytraining.com.

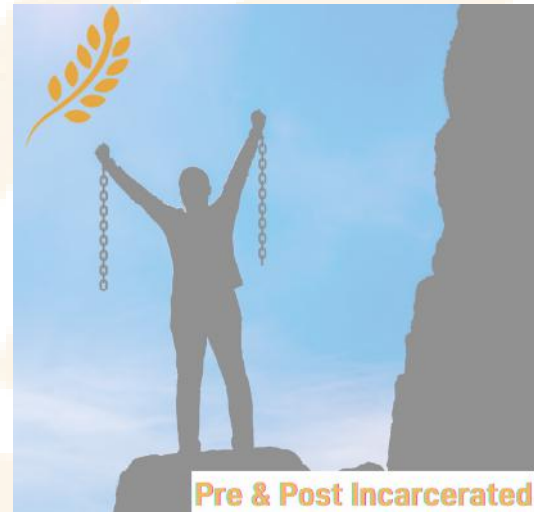
Take good care,

Dr. L.M. McKenzie, CEO

WHO

WE SERVE

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We help underrepresented Ventura County residents looking to a purposeful life through education.

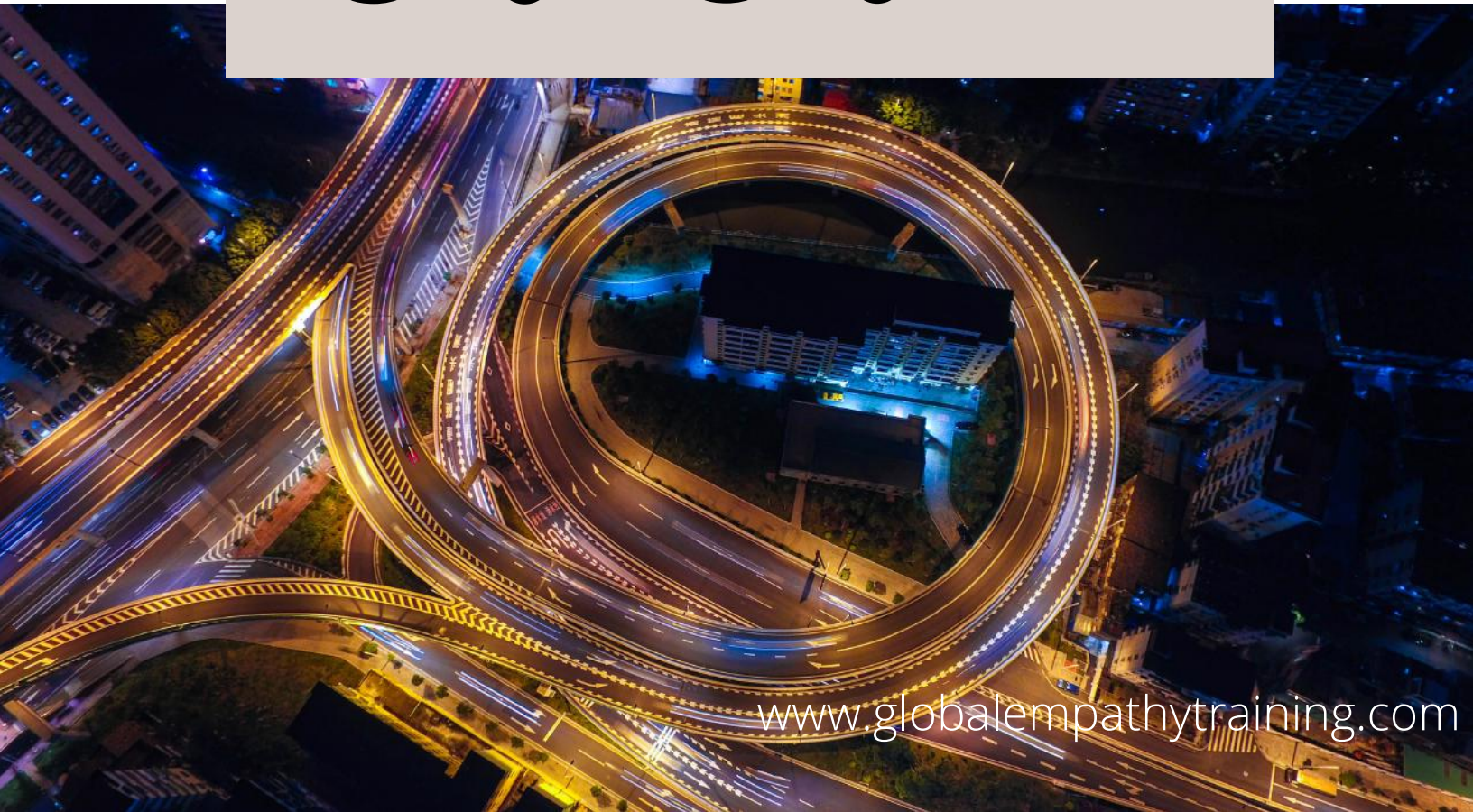
TALK TO US

(805) 388-7808

hello@globalempathytraining.com



ROAD TO REDEMPTION



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WORKSHOP SERIES

The following workshop series presented covers a diverse range of topics aimed at personal and professional development, catering to various demographics and needs. From career development and college readiness to digital literacy and emotion regulation, participants engage in interactive sessions designed to enhance skills and resilience. Additionally, workshops addressing parenting, restorative practices, trauma-informed care, and life skills offer valuable guidance and support for navigating life's challenges. Each series consists of six 90-minute sessions, providing a structured yet flexible approach to learning and growth. Overall, these workshops empower individuals to cultivate meaningful relationships, make informed decisions, and lead fulfilling lives. A certificate of completion will be offered for each series.



SIX-WEEK WORKSHOP SERIES

Career Development and Job Readiness Workshop Series

This six-week workshop series is designed to provide students with the foundational knowledge and practical skills needed to navigate the complexities of career development and enhance their job readiness. Through a series of interactive workshops, participants will explore various aspects of career planning, resume writing, interview preparation, job search strategies, professional communication, and goal setting. Sessions are 90 minutes each.

College and Career Readiness Workshop Series

This six-week workshop series on college readiness equips students with essential skills and knowledge for success in post-secondary education and finding career paths. Through interactive sessions covering post-secondary options, college admissions processes, financial aid, career exploration, and practical application guidance, participants gain confidence in making informed decisions about their future. Engaging activities such as creating personalized career plans and navigating college applications empower students to transition smoothly into their desired educational and professional trajectories, fostering a pathway to a sustainable and meaningful life. Sessions are 90 minutes each.

Digital Literacy Series Workshop

These comprehensive courses offer participants the opportunity to enhance their digital literacy through computer skills and phone technology training. In the computer skills course, students learn fundamental components, internet browsing, digital communication, and critical evaluation. We will also cover phone technology, including smartphone basics, application utilization, and advanced features, empowering students to leverage their devices effectively. Through interactive learning and hands-on practice, participants gain essential skills for success in today's digital world. Two 3-hour sessions.

Emotion Regulation Workshop Series

In this six-week series, participants will discover transformative techniques for recognizing, understanding, and managing emotions effectively. Through cognitive-behavioral strategies, emotional intelligence exercises, and mindfulness practices, participants will learn to identify triggers, regulate stress, and foster resilience. Emphasis on constructive expression and interpersonal dynamics aims to enhance overall well-being for personal and professional success. Sessions are 90 minutes each.

Empowering Futures for At-Risk Youth Series

This six-week series is designed to introduce youth aged 16-25 to the principles of Positive Organizational Scholarship (POS) with lessons on kindness, compassion, and empathy. We aim to empower participants to confront life challenges, cultivate resilience, and foster positive outcomes in their personal lives. Drawing from the principles of Positive Psychology, participants will learn how to harness qualities of kindness, compassion, and empathy to create positive change within themselves and their communities. Sessions are 90 minutes each.

Life Skills Development Workshop Series

This six-week workshop series focuses on vital life skills like household management, organization, problem-solving, decision-making, and time management. Through interactive sessions and practical assignments, participants gain essential tools to navigate daily life effectively. Sessions are 90 minutes each.

Parenting Workshop Series

This six-week workshop offers guidance and support for individuals who are parents or caregivers. Topics include child development, positive discipline techniques, effective communication, and family dynamics, including custody orders and co-parenting success. Through role-play, case studies, and group discussions, participants will gain practical skills and strategies for nurturing healthy relationships with their children and the members involved in their upbringing. Sessions are 90 minutes each.



Continued...



Personal Life Skills

This six-week course offers a transformative discovery and empowerment of self. We will dive into immersive courses tailored to unlock your innate capabilities and propel you toward a purposeful life. Participants will unleash their creativity to master interpersonal relationships, understand diverse cultures, and financial security for the future. The series is designed to equip you with the tools and confidence to thrive, unlock your potential, embrace resilience, and chart a course toward a purposeful life. Sessions are 90 minutes each.

Restorative Practice Workshop Series

Rooted in restorative justice principles, this six-week series provides a supporting environment for participants to explore family dynamics, confront wrongdoing, and take meaningful steps toward a proper apology, forgiveness, and healing. We aim to mend familial bonds strained by past offenses through interactive sessions, reflective exercises, and practical tools. Attendees will delve into the impact of their actions, cultivate empathy, and develop strategies for rebuilding trust and fostering healthier relationships within their families. By embracing accountability and committing to the process of reconciliation, participants will emerge equipped to right past wrongs and foster a more harmonious environment with their loved ones. Sessions are 90 minutes each.

Trauma-Informed Care Workshop Series

This six-week course introduces trauma-informed care principles and practices including the prevalence and profound impact of trauma on individuals, families, and communities. Through immersive case studies, insightful discussions, and experiential exercises, students will gain invaluable knowledge and skills to create safe, supportive environments conducive to healing and resilience for those affected by trauma. Sessions are 90 minutes each.



PERSONAL DEVELOPMENT



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PERSONAL JOURNEY

The following courses offer a holistic approach to personal development and life skills within 90-minute sessions, each catering to different aspects of self-improvement. From exploring the therapeutic potential of art and creativity in Art Therapy and Creative Expression to honing interpersonal skills and fostering meaningful connections in Building Interpersonal Relationships, participants delve into self-discovery, financial literacy, health and wellness, mentorship, and transitional housing. Through interactive exercises, reflective practices, and practical workshops, students gain valuable insights and tools to navigate various aspects of life, empowering them to lead more fulfilling and independent lives while fostering personal growth and resilience.



SHORT COURSES

Art Therapy and Creative Expression

This course explores the healing power of art therapy and creative expression in promoting emotional well-being and personal growth. Participants will engage in various artistic modalities, such as drama, music, and visual arts, to explore and process their experiences. Through guided exercises and reflection, students will harness the transformative potential of creative expression. 90-minute session.

Building Interpersonal Relationships

This course focuses on enhancing interpersonal skills and cultivating meaningful connections with others. Through communication exercises, experiential learning activities, and role-playing, students learn effective conflict resolution, empathy, listening, and assertiveness techniques to foster supportive relationships in personal and professional settings. 90-minute session.

Discovery of Purpose in Life

In this course, participants will uncover their unique values, passions, and goals. Through reflective exercises, discussions, and personal assessments, participants examine existential questions and develop strategies to align their actions with their sense of purpose, fostering fulfillment and meaning in life. 90-minute session.

Financial Literacy

This course provides foundational knowledge and practical skills essential for making informed financial decisions. Topics include budgeting, saving, investing, debt management, understanding credit, and planning for events such as a large purchase (car) or paying for education. Through interactive simulations and real-world examples, students gain confidence in managing their finances effectively. 90-minute session.

Health and Wellness

This course provides an overview of physical and mental health topics essential for overall well-being. Participants will learn about coping strategies, exercise, nutrition, stress management, and substance abuse prevention. Through interactive discussions and practical activities, students will develop personalized plans for maintaining a healthy lifestyle. 90-minute session.

Mentorship and Peer Support Programs

In this course, students will explore the benefits of mentorship and peer support in fostering personal growth and development. Participants will learn about the principles of effective mentoring relationships and peer support networks. Through peer group activities, students will receive guidance, encouragement, and support that helps others journey through similar challenges. 90-minute session.

Self-awareness, Self-esteem, Self-Confidence

This course focuses on developing self-awareness and nurturing positive self-esteem and self-confidence. Through introspective exercises, reflective journaling, and self-assessments, students explore their strengths, values, weaknesses, and beliefs. Practical strategies for building resilience, setting boundaries, and cultivating a growth mindset are emphasized to foster a strong sense of self-worth and empowerment. 90-minute session.

Transitional Housing and Independent Living Skills

This course provides learning opportunities for independent living. Topics include budgeting for housing expenses, home maintenance, understanding leases, and tenant rights. Through practical workshops and guest speakers, participants will gain the tools and resources needed to successfully transition to independent living arrangements. 90-minute session.



GROUP DEVELOPMENT



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SEEKING SAFETY

Seeking Safety is an evidence-based treatment approach developed specifically for those who suffer from trauma and substance abuse. The program addresses the most urgent clinical need in establishing safety. There are 25 discussion topics that range in cognitive, behavioral, and interpersonal domains that give practical tools and techniques to engage participants in safe coping skills. The treatment is based on five central ideas: (1) safety is a priority of this first stage of treatment; (2) integrated treatment of PTSD and substance abuse; (3) a focus on ideals; (4) content areas: cognitive, behavioral, interpersonal, and case management; and (5) attention to therapist processes. The program is suitable for adolescents to adults.

Najavits, L. (2002). *Seeking safety: A treatment manual for PTSD and substance abuse*. Guilford Publications.



COHORT-BASED SETTING

Seeking safety is taught in a cohort-based setting. Maximum 15 per cohort. No additional enrollees after week one. There are five levels of treatment: Beginning, Moderate, Intermediate, Significant, and Mastery. Courses are 10 weeks long. Topics 1-6 are mandatory for completion of Beginning level. To ensure flexibility, the topics are designed to be independent of each other and will be collaborative between the facilitator and cohort. Each session is 90 minutes. A certificate of completion will be offered after each 10-week course. Domains (cognitive, behavioral, interpersonal) are evenly divided and listed in parentheses next to each topic.

1) Introduction

This topic covers introduction, assessment, expectations, and needs.

2) Safety (combination)

Safety is described as the first stage of healing from both PTSD and substance abuse, and the key focus of this treatment. A list of over 80 Safe Coping Skills is provided, and participants explore what safety means to them.

3) PTSD: Taking Back Your Power (cognitive)

Four handouts are offered: (a) "What is PTSD?", (B) "The Link Between PTSD and Substance Abuse"; (c) "Using Compassion to Take Back Your Power", and (d) "Long-Term PTSD Problems". The goal is to provide information as well as a compassionate understanding of the disorder

4) Detaching from Emotional Pain: Grounding (behavioral)

A powerful strategy, "grounding" is offered to help participants detach from emotional pain. Three types of grounding are presented (mental, physical, and soothing), with an experiential exercise to demonstrate the techniques. The goal is to shift attention toward the external world, away from negative feelings.

5) When Substances Control You (cognitive)

Eight handouts are provided, which can be combined or used separately: (a) "Do You Have a Substance Abuse Problem?" (b) "How Substance Abuse Prevents Healing from PTSD", (c) "Choose a Way to Give Up Substances", (d) Climbing Mount Recovery, an imaginative exercise to prepare for giving up substances; (e) "Mixed Feelings", (f) Self-Understanding of Substance Use", (g) "Self-Help Groups"; and (h) "Substance Abuse and PTSD: Common Questions".

6) Asking for Help (interpersonal)

In this course, students will explore the benefits of mentorship and peer support in fostering personal growth and development. Participants will learn about the principles of effective mentoring relationships and peer support networks. Through peer group activities, students will receive guidance, encouragement, and support that helps others journey through similar challenges. 90-minute session.

7) Taking Good Care of Yourself (behavioral)

This course focuses on developing self-awareness and nurturing positive self-esteem and self-confidence. Through introspective exercises, reflective journaling, and self-assessments, students explore their strengths, values, weaknesses, and beliefs. Practical strategies for building resilience, setting boundaries, and cultivating a growth mindset are emphasized to foster a strong sense of self-worth and empowerment. 90-minute session.



Continued...

8) Compassion (cognitive)

This topic encourages the use of compassion when trying to overcome problems. Compassion is the opposite of “beating oneself up”, a common tendency for people with PTSD and substance abuse. Participants are taught that only a loving stance toward the self produces lasting change.

9) Red and Green Flags (behavioral)

Participants are guided to explore the up-and-down nature of recovery in both PTSD and substance abuse through discussion of “red and green flags” (signs of danger and safety). A Safety Plan is developed to identify what to do in situations of mild, moderate, and severe relapse danger.

10) Honesty (interpersonal)

Participants are encouraged to explore the role of honesty in recovery and to role-play specific situations. Related issues include: What is the cost of dishonesty? When is it safe to be honest? What if the other person doesn't accept honesty?

11) Recovery Thinking (cognitive)

Thoughts associated with PTSD and substance abuse are contrasted with healthier “recovery thinking”. Participants are guided to change their thinking using rethinking tools such as List Your Options, Create a New Story, Make a Decision, and Imagine. The power of rethinking is demonstrated through think-aloud and rethinking exercises.

12) Integrating the Split Self (cognitive)

Splitting is identified as a major psychic defense in both PTSD and substance abuse. Participants are guided to notice splits (e.g., different sides of the self, ambivalence, denial) and to strive for integration as a means to overcome these.

13) Commitment (behavioral)

Making and keeping promises, both to self and others, are explored. Creative strategies for keeping commitments, and feelings that can get in the way, are described.

14) Creating Meaning (cognitive)

Meaning systems are discussed with a focus on assumptions specific to PTSD and substance abuse, such as Deprivation Reasoning, Actions Speak Louder Than Words, and Time Warp. Meanings that are harmful versus healing in recovery are contrasted.

15) Community Resources (interpersonal)

A lengthy list of national nonprofit resources is offered to aid participants recovery (including advocacy organizations, self-help, and newsletters). Guidelines are also offered to help participants take a consumer approach to evaluating treatments.

16) Setting Boundaries in Relationships (interpersonal)

Boundary problems are described as either too much closeness (difficulty saying “no” in relationships) or too much distance (difficulty saying “yes” in relationships). Ways to set healthy boundaries are explored, and domestic violence information is provided).



Continued...

17) Discovery (cognitive)

Discovery is offered as a tool to reduce the cognitive rigidity common to PTSD and substance abuse (called "staying stuck"). Discovery is a way to stay open to experiences and new knowledge, using strategies such as Ask Others, Try It and See, Predict, and Act "As If". Suggestions for coping with negative feedback are provided.

18) Getting Others to Support Your Recovery (interpersonal)

Participants are encouraged to identify which people in their lives are supportive, neutral, or destructive toward their recovery. Suggestions for eliciting support are provided, as well as a letter they can give to others to promote understanding of their PTSD and substance abuse. A safe family member or friend can be invited to attend the session.

19) Coping with Triggers (behavioral)

Participants are encouraged to actively fight triggers of PTSD and substance abuse. A simple three-step model is offered; change who you are with, what you are doing, and where you are (similar to "change people, places, and things" in AA).

20) Respecting Your Time (behavioral)

Time is explored as a major resource in recovery. Participants may have lost years to their disorders, but they can still make the future better than the past. They are asked to fill in schedule blanks to explore issues such as: Do they use their time well? Is recovery their highest priority? Balancing structure versus spontaneity; work versus play; and time alone versus in relationships are also addressed.

21) Healthy Relationships (interpersonal)

Healthy and unhealthy relationship beliefs are contrasted. For example, the unhealthy belief "Bad relationships are all I can get" is contrasted with the healthy belief "Creating good relationships is a skill to learn." Patients are guided to notice how PTSD and substance abuse can lead to unhealthy relationships.

22) Self-Nurturing (behavioral)

Safe self-nurturing is distinguished from unsafe self-nurturing (e.g., substances and other "cheap thrills"). Participants are asked to create a gift to the self by increasing safe self-nurturing and decreasing unsafe self-nurturing. Pleasure is explored as a complex issue in PTSD/substance abuse.

23) Healing from Anger (interpersonal)

Anger is explored as a valid feeling that is inevitable in recovery from PTSD and substance abuse. Anger can be used constructively (as a source of knowledge and healing) or destructively (a danger when acted out against self or others). Guidelines for working with both types of anger are offered.

24) The Life Choices Game (combination)

As part of termination, participants are invited to play a game as a way to review the material covered in the treatment. Participants pull from a box slips of paper that list challenging life events (e.g., "You find out your partner is having an affair"). They respond with how they would cope, using game rules that focus on constructive coping.

25) Termination

Participants express their feelings about the ending of treatment, discuss what they liked and disliked about it, and finalize aftercare plans. An optional Termination Letter can be read aloud to participants as a way to validate the work they have done.





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