

Searching for tools  
that truly engage and  
activate clients?

Looking for recovery-  
oriented coaching that  
will really stick?

Ready for an innovative  
solution that involves no  
new workloads or tasks?

?



# COURSE LISTING

**Preparatory courses** establish a solid foundation in recovery-oriented care.  
(PRE: 01-04 )

**Core courses** prepare clinical and peer practitioners with the skills and tools needed to incorporate the CommonGround Program in everyday practice.  
(CORE 100-600)

**Advanced courses** deepen and expand peer and clinical practice skills in the CommonGround Program.  
(ADV: 100-700)

## Foundations for recovery-oriented care

### PRE-01: The hearing voices simulation

The challenge: How do we counter staff burnout, compassion fatigue, low empathy and lack of understanding?

Our solution: Helping staff develop empathy for the lived experience of psychiatric disability through the Hearing Voices Simulation

### PRE-02: Practicing recovery leadership

The challenge: How do we work through resistance to recovery- oriented practice?

Our solution: Practicing recovery leadership and closing the gap between what is and what should be

### PRE-03: Professional boundaries

The challenge: How do staff know their personal limits and establish professional boundaries that support recovery?

Our solution: Building relationships that support recovery by applying a 5-factor algorithm for establishing professional boundaries

### PRE-04: Micro-aggressions in the workplace\*

The challenge: How do you manage the pressure to assimilate into the traditional mental health workforce?

Our solution: Safeguarding the unique perspective and contribution of the peer workforce through identifying micro-aggression in the workplace, and practicing micro-resistance

## Hope for recovery

### CORE-100 Recovery

The challenge: How do we move from the maintenance model to the recovery model?

Our solution: Wisdom from the lived experience of recovery and learning to apply the principles of the CommonGround Program

### CORE-100 Communicating hope for recovery\*

The challenge: How do we communicate hope when a prognosis of doom can be more disabling than a diagnosis itself?

Our solution: Fostering hope for a full and meaningful life using a two-part method for communicating hope through disclosure

### ADV-101: Coming to terms with a diagnosis

The challenge: How do we support people when a diagnosis can disrupt the story of self?

Our solution: Understanding the individual's perspective and learning how to support people when a diagnosis disrupts the story of self

Courses can be customized to fit specific audiences such as inpatient and outpatient services, ACT and FEP teams, integrated behavioral healthcare, and peer support programs

\* courses designed specifically for peer supporters

## Engagement and Activation

### **CORE-200: Personal Medicine**

The challenge: How do we engage people in treatment and recovery?

Our solution: Activating self-care and awakening the healer within through Personal Medicine

## Getting integrated care

### **ADV-502: It's not all in my head**

The challenge: How do we help people manage stigma in medical settings?

Our solution: Effective self-advocacy with medical practitioners

## Self-Advocacy

### **CORE-300: Power Statements**

The challenge: How do we move beyond compliance to alliance?

Our solution: Understanding how people want treatment to help and developing Power Statements

### **ADV-503 Recovery and wellness**

The challenge: People with mental health conditions are dying decades younger than the general population. How do we help people get the medical care they need?

Our solution: Support wellness and integrated care by helping individuals build their capacity to follow through with treatment

## Supporting choice

### **CORE-400: Supporting self-determination**

The challenge: How do we work with people who appear to be making choices that steer their lives away from recovery?

Our solution: Managing risk by embracing self-determination and applying The Duty to Care and the Dignity of Risk

### **CORE-500: Decision support**

The challenge: How do we support people in navigating the decisions they face in treatment and recovery?

Our solution: Explore options, beliefs, lived experience and information to support clients in making the decisions that are right for them

## Practicing the CommonGround Program

### **CORE-600: Practicing the CommonGround Program**

The challenge: How do we use the CommonGround Program methods in our day to day work?

Our solution: Practice integration techniques through care consultation examples and practice

## Applying the CommonGround Program

### **ADV-700: Care Consultations**

The challenge: How do you apply and further integrate the CommonGround Program?

Our solution: Use coaching and walk-throughs of the CommonGround Program in action through consultation with the experts

## RATES

COURSE	RATE	ADDITIONAL OPTIONS	
PRE-01	\$400 per self-service toolkit	\$100 for 10 basic pre-loaded MP3 players	\$450 for 10 pre-loaded SanDisc MP3 players
PRE-02 through ADV-600	\$1250 per course (up to 25 learners)	Bundle a set of 6 courses for \$6,750 (save 10%)	Bundle set of 12 courses for \$13,500 (save 20%)
ADV-700	\$1000 per course (up to 25 learners)	Bundle a set of 6 courses for \$5,400 (save 10%)	Bundle set of 12 courses for \$9,600 (save 20%)

 **Coaching** in the CommonGround Program includes:

- ▶ E-learning courses
- ▶ Live, online coaching with CommonGround experts
- ▶ In-vivo practice
- ▶ Personalized feedback

 **Coaching** is flexible:

- ▶ Take one courses at a time
- ▶ Follow our pre-designed course combinations
- ▶ Mix and match courses
- ▶ Engage us for hands-on care consultations

## WE LIKE RESULTS

Join dozens of teams who have turned to us for pragmatic solutions to their toughest day-to-day care challenges:

**Wellness nurse:** “I am so grateful to have this arsenal of tools to use! Your coaching opened my eyes to the challenges our clients live with every day. It helped me to have greater insight into what it must be like for them, and gave me a practical way to help them.”

**Peer:** “I’ve attended many trainings and classes over the years, but I’ve never participated in a program where I learned so many things I was able to put into practice immediately. This has been such a great experience! I would highly recommend this to anyone working in a Peer Support role.”

**Clinician:** “It’s like having a guide or a template that becomes a jumping off point for more discussion surrounding a client’s success. It was helpful to see all the different ways that we can approach recovery and support a patient/client’s recovery process [from] where they are at, as opposed to where we want them to be.”

LET’S TAKE YOUR SERVICES TO THE NEXT LEVEL: [COACHING@COMMONGROUNDPROGRAM.COM](mailto:COACHING@COMMONGROUNDPROGRAM.COM)