

MEMBER UPDATES

TONS of updates in this edition since I was on vacation for a few weeks. Check it out!

September 11, 2023



The Tennessee Association
of Recovery Court Professionals
TARCPCON2023

20th Anniversary
Celebration

December 6-8, 2023

Registration Opens September 1
For more information,
visit www.tarcp.org


TARCP
Tennessee Association of
Recovery Court Professionals

Embassy Suites
1200 Conference Center Blvd
Murfreesboro, TN

This project is funded with a grant from the Department of Mental Health and Substance Abuse Services



SEPTEMBER LUNCHTIME
LEARNING SERIES:
EFFECTIVE TREATMENT IN
RECOVERY COURT WITH
DESHONA CHARLES

SEPTEMBER 27, 2023, 11:00AM - 12:15PM



IF YOU ARE A MEMBER AND HAVING DIFFICULTY SIGNING UP PLEASE CONTACT ME AT
MARIE.CROSSON@TARCP.ORG



[Check their website or sign up for their newsletter to see offerings](#)

**SEVERAL SEPTEMBER
OFFERINGS TO CHECK OUT**



PEER RECOVERY
CENTER OF EXCELLENCE



TSPN SUICIDE PREVENTION CONFERENCE
SEPTEMBER 25-26
TREVECCA COMMUNITY CHURCH
NASHVILLE, TENNESSEE

[Click here to view our calendar for](#)
[other TARCP and community](#)
[opportunities](#)



ALL RISE SIGNS MOU WITH NATIONAL TREATMENT COURT ALUMNI ASSOCIATION

[READ MORE](#)

RISE24

May 22–25, 2024 | Anaheim, CA

Check out the
JOB POSTINGS
ON OUR WEBSITE [HERE](#)



Continuum of Choices

A TARCP Professional Series July 2023



Internal Family Systems: Dr. Richard Schwartz Explains Internal Family Systems (IFS)

Seeing IFS in Action: [Internal Family Systems Therapy Demonstration with Dr. Richard Schwartz](#)

Dr. Tori Olds Explains Core Concepts of IFS: [Understanding Aspects of Identity](#)

Dr. Tori Olds on Unblending from Protectors in IFS: [Protecting Oneself from Automatic Reactions](#)

Dr. Tori Olds Talks to us About Healing Trauma in IFS Therapy: [Understanding Trauma from Emotional Overload](#)

Alana Morrisette's podcast with Dr. Richard Schwartz: [Conversation with Alana Morrisette - Podcast 3](#)

In No Bad Parts, Dr. Richard Schwartz addresses healing trauma, restoring wholeness, the multi-faceted mind, and the Internal Family Systems Model



There Are No Bad Parts

Dr. Richard C. Schwartz is the founder of Internal Family Systems (IFS) and the author of *No Bad Parts*. His premise is that everyone has many definitive parts (inner voices) that contribute much to our lives. By learning to understand the systemic patterns of relationships among these voices, one can experience confidence, openness, and compassion, which Dr. Schwartz calls Self. When you achieve the state of Self, you can understand how to heal these parts, which are fragments of a system of protective and wounded inner parts led by a core Self. For more information, go to [IFS Institute](#).

Psychologist Valeria Sabater wrote an online article in September of last year, *Internal Family Systems Therapy: Healing Our Vulnerabilities*. In her article she discusses how IFS puts forward the premise that within the human mind there exist a series of subpersonalities that are in conflict. IFS encourages the patient to look inside their self to discern which parts are losing harmony (thoughts, emotions, sensations, etc.) to negate a negative inner dialogue, create trust, and attain reconciliation of all of one's parts. Breaking this down into parts allows the patient to understand which area(s) needs work.

Sabater highlighted the therapeutic strategy within Richard Schwartz's book, *Internal Family Systems Therapy* (1995), and his introduction of parts and family systems, helping us understand how the mind works. With this, one can identify which processes increase our problems and/or pathological behaviors. Schwartz focused on three parts that build suffering.

The first is manager, which is the segment of the mind that executes reasoning and strategies that prevent something from causing us pain. The second is the exiled person, which is the area set to the side, offering us a distant place in our mind (out of sight). This is the part that is the keeper of our traumas and unresolved issues. The third is the firefighter, or our false protector. This part wants to extinguish the pain, but does so through harmful strategies, such as the empty promise that the suffering will end if we binge on food or turn to alcohol or drugs.

IFS is not a suitable therapy for those diagnosed with personality disorders but is effective for anxiety, depression, PTSD, eating disorders, chronic pain, addictions, family and relationship problems. To read the article, go to [Valeria Sabater](#).

With Appreciation

Hannah Heinze is the winner of this month's TARCP 20-ounce Yeti Rambler!

THE RECOVERY VOICE





August 2023
Volume 13, Issue 3

Latest TARCP Recovery Podcast

Please go to the below link to listen to Marie Crosson as she has a conversation with Marshall County Recovery Court Judge Lee Bussant. Judge Bussant explains what it's like to build a Recovery Court, including the unexpected challenges as well as the opportunities to serve.

You can find this and all podcasts at [A Recovery Court Podcast](#). If you have an idea for a podcast topic, please reach out to Marie Crosson at marie.crosson@tarcp.org.

Continuum of Choices



A Monthly TARCP Professional Series



<https://www.tarcp.org/>

TARCP is funded in part with a grant from the State of Tennessee, Department of Mental Health and Substance Abuse Services.



TARCP is a proud participant of Brain Links, a statewide partnership bringing together professionals to recognize the far-reaching and unique nature of brain injury and to improve services for survivors. This series as been added to our website calendar and can also be accessed by clicking the picture below.



Brain Injury Training Series

This series is designed **for Service Providers across all Systems of Support** including **Mental Health, Substance Abuse, Domestic Violence, ACEs/Trauma, Child Abuse, Chronic Pain, Homelessness, Criminal & Juvenile Justice.**

Nov 9, 2023 10-11:30 CST	Understanding Concussion and Brain Injury
Jan 11, 2024 10-11:30 CST	Cognitive Changes Following Brain Injury: Understanding Cognition & Developing Accommodations
Feb 8, 2024 10-11:30 CST	Behavioral & Psychosocial Changes Following Brain Injury: Tips, Strategies & De-escalation

[Register here at no cost, certificate of attendance provided](#)

Nov 9, 2023 Understanding Concussion and Brain Injury

There's a higher incidence of brain injury in at-risk populations than most realize. The same people often seek treatment for co-occurring needs, like substance abuse, mental health, domestic violence, chronic pain. The concussion (or more significant brain injury) must be properly identified for the person to fully benefit from support programs in other areas. We will discuss how to identify the signs and symptoms of TBI and what educational tools are available for staff and the people they serve.

Jan 11, 2024 Cognitive Changes Following Brain Injury: Understanding Cognition & Developing Accommodations

This Brain Links training explains cognitive changes that may occur during developmental years or later in life through things like stroke, infection, tumor or traumatic brain injuries. We will explore the different aspects of cognition – or thinking – including: attention, memory, flexibility, problem solving, initiation, organization and planning. Learn specific strategies for each aspect of cognition to improve participation in support programs (mental health, domestic violence, substance use, court-directed, etc). We will also talk about how changes in cognition impact communication and the best ways to support someone with brain injury to communicate more effectively.

Feb 8, 2024 Behavioral & Psychosocial Changes Following Brain Injury: Tips, Strategies & De-escalation

In this webinar, we will explain common behavioral and psychosocial changes following brain injury and developmental brain changes. Learn strategies to support people with these changes and how to analyze behavior from a cognitive-communication viewpoint. Techniques to avoid behavior escalation and key strategies to de-escalating a situation will be shared. You will receive user-friendly tools to support your current approaches for understanding behavior and developing strategies that fit.

Who Should Attend: Case Managers, In-home Service Providers, Counselors, Addiction Specialists, Court Representatives, Program Administrators, Shelter Workers, Advocates, Teachers, Case Workers