



## **AWARD WINNING TRAINING**

by Linda Smith

Members and guests packed the house on February 3rd to team how to become "the totally responsible person". Sanford Danziger MD, and Thomas White JD, winners of the 1997 David Campbell Award, shared their program on how to maintain a positive, creative, and productive attitude in any circumstance.



*Sanford Danziger MD and Thomas White JD*

Developed out of Danziger and White's work with the Human Service Alliance, the TRP program has as its goal eliminating the victim mentality in ourselves. The pervasiveness of the victim throughout our society, including pop culture. (There goes the idea that a little country music never hurt anyone . . .) Becoming a totally responsible person hinges on the idea that between stimulus and response, we always have the opportunity to CHOOSE our reaction. Thus, we can transfer to our MINDS the control which our emotions might otherwise have over our words, thoughts, and deeds.

After just enough theory, the facilitators moved the group into a practical application — thus sharing valuable information and modeling excellent training all at once. Participants paired up for a two-part exercise which resulted in a range of yelling, laughing, some puzzled silence, and even some "a- ha" moments. The de-brief helped us to identify how we personally make the shift from victim to TRP. By learning how others help to make this shift, we also gained insight and resources to ease the transition in especially difficult situations.

Participants offered several insights to take away from this interactive training session:

- Being a TRP results in quicker and more satisfying solutions.
- We always have a choice. > Being a TRP isn't so hard if I'm paying attention to myself.
- We can choose the healthy response in advance.

Alas, becoming a TRP will not be an overnight victory. However, if awareness is a big part of the solution, then participants may be well on their way.

"It's up to us to translate anger into action and strive for personal excellence." - Sharon Komlos