



National Center on Advancing Person-Centered Practices and Systems

Transcript from a short video titled “I Became the Person That Needed Support”
with Anntoinete Morgan McNutt for NCAPPS’ Pandemic Wisdom series

Anntoinette Morgan McNutt is a Certified Person-Centered Thinking Trainer and has over 17 years of experience as a social worker. She specializes in training medical providers, behavioral health professionals and educators. She is also a motivational speaker as well as an advocate for people living with disabilities and addictions.

This is a very, very dear topic for me. Especially now more than ever. I approach this conversation not as a trainer, not as a person that has the privilege of being part of a wonderful learning community that this is what we breathe, we live and we breathe this, right? But, actually, as a person that provides support, and also a COVID-19 survivor, myself personally. I went from being the person that was, you know, the one that made sure everybody was heard -- that I push this and push this -- to being the actual subject, to the actual person that required additional support. The importance of feeling connected, the importance of being able to figure out you know, what's next. How can we have some kind of consistency? That is what person-centered practices did for my family. As I laid in the hospital, those are the concepts that it helped me. What I want to make sure that we continue to do is continue to walk the walk, and not just talk the talk. People are willing to listen, I feel now more than ever, because we want to work through and we need to work through our fears, work through the inconsistencies, work through all of the themes that have become our new norm that we're having to live through. I'm so grateful that I've been able to be exposed to person-centered practices to the learning community, because it was a saving grace for my family as we continue to get used to what is now our new norm. I hope and I challenge everybody that is part of the community that it may be new to the learning community to spread the word. Let everybody know what beautiful things can come of this. When we all can feel that we have some sort of control over our lives during a time where it seems like we have none, which we're scared, some of us are sick. But how can we have balance? How can we encourage continued self-determination and choice during a time where everything is or seems to be a big question mark.