

# COVINGTON TRAINING INSTITUTE

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## **Certified Training Associate Shane Pugh, LADC**



Shane Pugh, LADC-S is a national trainer, clinical supervisor at Twin Cities Wellness Center and Recovery Gym, and licensed alcohol and drug counselor based in Minneapolis, Minnesota. He delivers engaging, practice-driven training on substance use, trauma, recovery, identity, and behavioral health for clinicians, therapists, corrections professionals, and community-based teams.

Known for his ability to make complex material accessible, Shane brings a relational, grounded, and systems-informed approach to every training. He is currently completing his master's degree in Marriage and Family Therapy, which continues to deepen his systems perspective and strengthens the way he helps professionals understand individuals within the context of relationships, families, and larger social environments.

Shane is also a coauthor of *Exploring Trauma+: A Brief Intervention for Men and Gender Diverse People* and has consulted on the development of the current edition of *Helping Men Recover*. In addition, he brings a whole-person wellness lens to his work through his National Academy of Sports Medicine personal training certification and CrossFit Level 1 coach credential.