

# COME WITH A PURPOSE, LEAVE WITH A PLAN



## What is SMART Recovery?

SMART (Self Management and Recovery Training) Recovery is a free group program assisting any problematic behaviours, including drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others.

Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

SMART Recovery is a registered health promotion charity and a non-profit organisation

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🌐 [www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

## ○ What to expect

- Weekly meetings
- 90minute duration
- Run by trained facilitator
- Focus is on the addictive behaviour and not on the substance itself
- Goal setting: Set your own achievable plan for the week ahead
- Concentrate on present and future, not on the past (no life stories!)
- Evidence-based tools and techniques (cognitive behaviour therapy (CBT), Motivational Interviewing)

## ○ Meeting guidelines

- Respect
- Confidentiality
- One person talking at a time
- Non judgmental
- No 'drug talk'
- Mobile phone off
- No intoxication
- Remain in room for the duration of the meeting
- No children allowed

## ○ Meeting format

- Check-in (how has your previous week been?)
- Discussion (using CBT tools & techniques)
- Sharing solutions (mutual aid)
- Checkout (plan for next seven days)

## ○ 4 Point program

1. Enhancing and maintaining motivation
2. Coping with urges
3. Problem Solving
4. Lifestyle balance

## ○ Some of the tools and techniques to help you manage addictive behaviours include:

- Pros and cons of problematic behaviour
- Triggers, beliefs and consequences
- Craving and urges
- Goal setting
- Areas of Importance

## ○ SMART Recovery online

Visit [www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au) to:

- Locate your nearest meeting
- Contact head office
- Learn more about the program
- Purchase manuals
- Download worksheets and resources
- Join the Online Community

## ○ How To Become A Meeting Facilitator

SMART Recovery Australia provides professional training courses for peers and professionals wanting to become SMART Recovery facilitators and start new groups in the community.

If you are interested in becoming a SMART Recovery meeting facilitator or would like more information, please contact head office.