



## What is SMART Recovery?

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

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



[www.smartrecoveryinternational.org](http://www.smartrecoveryinternational.org)

## What to expect at SMART Recovery

- Weekly meetings
- 90 minutes duration
- Run by a trained facilitator
- Focus on the addictive behaviour and not on the substance itself
- Goal setting, set your own achievable goals
- Concentrate on the present and the future, not on the past (no life stories!)
- Evidence based tools and techniques (cognitive behavioural therapy (CBT), Motivational Interviewing)

## Meeting Guidelines

- Respect
- Confidentiality
- One person talks at a time
- Non judgemental
- Mobile phone off or on silent
- Focus is on the here and now
- Personal responsibility

## Meeting Format

- Check-in (how has your previous week been?)
- Discussion (using CBT tools & techniques)
- Sharing solutions (mutual aid)
- Checkout (plan for next 7 days)

## 4 Point Program

1. Enhancing & Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings & Behaviours
4. Living a Balanced Life

Some of the tools and techniques to help manage addictive behavior include:

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

Visit [www.smartrecoveryinternational.org](http://www.smartrecoveryinternational.org) to

- Locate your nearest meeting face to face or online
- Learn more about the program
- Download resources
- Contact us

## How to Become a Meeting Facilitator

SMART Recovery national offices provide professional training for peers and professionals wanting to become SMART Recovery facilitators and start new groups in their community.

If you are interested in becoming a SMART Recovery facilitator or would like more information please visit [www.smartrecoveryinternational.org](http://www.smartrecoveryinternational.org)