



## Facilitator with Family & Friends Training Course Agenda

### Day 1

1. Introduction of participants and SMART Recovery trainer
2. SMART's Perspective regarding the Recovery Process
  - ✦ SMART Recovery a Fresh Approach
  - ✦ Fundamental Differentiators
  - ✦ Position Statements (disease model, spirituality, personal labels, abstinence)
  - ✦ Global Recognition
  - ✦ Best Psychiatric Hospitals host SMART Meetings
3. The SMART 4-Point Program®
  - ✦ Building & Maintaining Motivation
  - ✦ Coping with Urges
  - ✦ Self-Management of Thoughts, Feelings and Behaviors
  - ✦ Living a balanced Life
4. Stages of Change
  - ✦ Precontemplation
  - ✦ Contemplation
  - ✦ Preparation
  - ✦ Action
  - ✦ Maintenance
  - ✦ Exit

 **BREAK**

## 1. Meeting Structure Outline

- ✧ Welcome and Opening Statement
- ✧ Check-in
- ✧ Set the agenda
- ✧ Agenda Discussion
- ✧ Check-out/pass the hat/homework

## 2. Focus on Tools for Point 1 – Maintain Motivation to Abstain

- ✧ Hierarchy of Values (HOV)
- ✧ 3 Questions
- ✧ Cost Benefit Analysis (CBA)
- ✧ Change Plan Worksheet

## 3. Motivational Interviewing

- ✧ OARS
- ✧ DEARS
- ✧ Practice

## LUNCH

### 1. Meeting Structure (In-Depth) What happens in a meeting?

- ✧ Welcome and Opening Statement
- ✧ Check-in
- ✧ Set the agenda
- ✧ Agenda Discussion
- ✧ Check-out/pass the hat/homework
- ✧ Role Play

## BREAK

### 2. Focus on Tools Associated with POINT 2: Urge Coping

- ✧ Urges and Refusal Skills
- ✧ Unrealistic and Realistic Beliefs About Urges
- ✧ Coping with Urges
- ✧ Trigger identification

- ✦ Using the Urge Log
- ✦ DEADS
- ✦ DISARM
- ✦ ABC Problem-solving Tool
  - Activating Event
  - Beliefs (self-talk)
  - Consequences
  - Disputations
  - Effective New Belief

### 3. Relapse Prevention

- ✦ Danger situations
- ✦ Prevention tips and Help Tips

## Day 2

### 1. Focus on Tools Associated with POINT 3: Managing Thoughts, Feelings & Behaviors

- ✦ Strengths and Weaknesses
- ✦ Three primary unconditional acceptances
  - Unconditional self-acceptance (USA)
  - Unconditional other acceptance (UOA)
  - Unconditional life acceptance (ULA)
- ✦ Rational/Helpful beliefs vs Irrational/Unhelpful beliefs
- ✦ Awfulizing
- ✦ Anger
- ✦ Disputing Irrational Beliefs
- ✦ ABC of REBT for emotional upsets
- ✦ Words Matter
- ✦ Cognitive Distortions
- ✦ Hula Hoop Boundaries

 **BREAK**

## 1. Why a balanced lifestyle?

- ✧ Developing Vital Absorbing Creative Interests – VACI
- ✧ Lifestyle Balance Pie

## 2. Authority vs Influence

## 3. Fault vs Responsibility

# LUNCH

## 1. Authority vs Influence

## 2. Fault vs Responsibility

## 3. SMART Facilitator's Manual

- ✧ CH1: Being a SMART facilitator
- ✧ CH2: Code of Conduct
- ✧ CH3: Starting a face-to-face meeting
- ✧ CH4: Running the meeting
- ✧ CH5: Facilitation skills
- ✧ CH6: Facilitation Challenges
- ✧ CH7: Using the tools
- ✧ CH8: Questions facilitators are asked

## 4. Additional Facilitation Concepts

- ✧ Reduce the Stigma
- ✧ Trauma (We are not therapists)
- ✧ Professional vs Open Meetings

# BREAK

## 1. Review of the tools

- ✧ Role Play

## 2. Wrap Up

- ✧ Getting your meeting underway
- ✧ Ongoing Training
- ✧ SMART Recovery Website
- ✧ Volunteer HQ

## Day 3

### 1. Intro to Family & Friends

### 2. SMART Recovery Family & Friends

- ✦ An evidence-based program
- ✦ Personal Bill of Rights
- ✦ Based on Get Your Loved One Sober, Alternatives to Nagging, Pleading and Threatening by Dr. Robert Meyers and Brenda Wolfe

### 3. Why Should “I” Change?

- ✦ Are your coping behaviors working?
- ✦ Stages of Change
- ✦ Weighing the Pros and Cons – Cost Benefit Analysis tool

### 4. Self-Care and Self Rewards

- ✦ Where are you on the emotional spectrum
- ✦ Oxygen Mask Rule
- ✦ The importance of Self Care

### 5. Inner Dialog

- ✦ Exchange Vocabulary
- ✦ Helpful and Unhelpful self-talk

## **BREAK**

### 1. The ABC’s of REBT

- ✦ The ABC Model – How thinking affects behavior
- ✦ The Notorious 5 ways we upset ourselves (DORAL)

### 2. Positive Communication

- ✦ “I” Statements

- ✧ Planning a conversation using PIUS
- ✧ Listening
- ✧ Seven Elements of Positive Communication

### 3. Healthy Boundaries

- ✧ Identifying and Communicating Healthy Boundaries
- ✧ How to communicate a boundary effectively
- ✧ Planning a Boundary Request



### 1. Evaluation

#### 2. Safety and Support

- ✧ Define “Violence”
- ✧ Develop a Safety Plan

#### 3. Coping with Lapses

- ✧ Lapse vs Relapse
- ✧ Guilt and Shame
- ✧ Resentment and Blame

#### 4. Disable the Enabling Behaviors

- ✧ Enabling Behaviors
  - The Fixer
  - The Nagger
  - The Protector

#### 5. Trust and Forgiveness

- ✧ What is Trust
- ✧ Trust Bank
- ✧ Acceptance
- ✧ Fear and choices
- ✧ Forgiveness
- ✧ Exploring the option of forgiveness

6. Discover the Power of Choice

- ✦ When to Quit



1. Role Play

- ✦ Discussion of Role Play

**Thank you for attending! Please be sure to register with Volunteer HQ. Our Staff and Board are at your service if we can be of help in any way.**