


















InsideOut 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. Research for the InsideOut Program
5. 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

3. Why a balanced lifestyle? (slide 137 – 141)

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


- Review of the tools (slides 142 – 145)
- Final role-play exercise using cross talk (slides 146 – 147)
- Wrap Up (slides 148 – 155)
- ✦ Getting your meeting underway
- ✦ On-going facilitator support and resources
 - VolunteerHQ
 - Regional Coordinator
 - Ongoing Training
 - The SMART Recovery Website

✦ Day 3

1. Exploring the InsideOut manuals.
 - ✦ Participants Workbook (skinny book)
 - ✦ Facilitator's Manual (Fat book)
 - ✦ Modules
 - ✦ Protocols
 - ✦ Handouts
 - ✦ Agenda
 - ✦ Video
 - ✦ Homework
2. What does an InsideOut Meeting Look Like
3. Barry Grant
4. Motivation and Change
 - ✦ How do we change?
 - ✦ How does change happen
 - ✦ Motivation Video
5. Lesson Planning - Lesson 7
6. Thinking and Change
 - ✦ 17 Tactics to Avoid Accountability
 - ✦ Tackling Criminal Thinking or Personal Thinking Errors

- ✧ Thought Rebuilding Technique

7. Lesson Planning – Lessons 9, 10, 11

 **LUNCH** (look through lessons 12 – 15)

1. Relapse Prevention

- ✧ SID's

2. Lesson Planning – Lessons 16 - 20

3. Balancing Life on the Outside

4. Lesson Planning – Lessons 21 – 24

5. What next?

- ✧ Completion Certificate
- ✧ Peer Paper Training through National Office
- ✧ Peer led SMART Facilitator Meetings

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.