Facilitator 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
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
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

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.