



















## 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

- ✧ 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

**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.**