

# **“Get SMART FAST” DISTANCE TRAINING COURSE**

## **GENERAL OUTLINE**

### **SEGMENT 1: INTRODUCTION TO SMART RECOVERY<sup>®</sup>**

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*An introduction to SMART Recovery<sup>®</sup> and the SMART Recovery<sup>®</sup> organization*

#### **PART I: History & Background**

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#### **PART II: Who We Are, What We Do and How We Do It**

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### **SEGMENT 2: GETTING YOUR SMART RECOVERY<sup>®</sup> MEETING UNDERWAY**

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*Hints, tips and tricks on getting a SMART Recovery<sup>®</sup> meeting up and running*

### **SEGMENT 3: THE STAGES OF CHANGE**

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*An introduction to Prochaska and DiClemente's "Stages of Change"*

### **SEGMENT 4: THE SMART RECOVERY<sup>®</sup> TOOLS & 4-POINT PROGRAM<sup>®</sup>**

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*An overview of the SMART Recovery<sup>®</sup> Tools and the SMART Recovery 4-Point Program<sup>®</sup>*

### **SEGMENT 5: MOTIVATIONAL INTERVIEWING TECHNIQUES IN SMART RECOVERY<sup>®</sup>**

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*Using basic Motivational Interviewing skills and techniques in SMART Recovery<sup>®</sup>*

### **SEGMENT 6: SMART RECOVERY<sup>®</sup> IN ACTION**

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*A "live" meeting\* in which a role-play of a SMART Recovery<sup>®</sup> meeting will be held*

### **SEGMENT 7: LEADING AN AUTHORITATIVE SMART RECOVERY<sup>®</sup> MEETING**

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*A "live" presentation and Q & A session\* with SMART Recovery<sup>®</sup> President Tom Horvath*

### **SEGMENT 8: FINAL EXAM & EVALUATION FORM**

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**\*NOTE:** The two “live” meetings will take place **AFTER** completion of the “study” portion of the training course on the Distance Training site. These two meetings will take place in our voice “Distance Training Meeting Room” on the SMART Recovery<sup>®</sup> Online (SROL) Message Board.