

## GENERAL COURSE OUTLINE

---

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

---

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

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

---

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

### SEGMENT 3: THE STAGES OF CHANGE

---

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

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

---

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

### SEGMENT 5: MOTIVATIONAL INTERVIEWING & SMART RECOVERY<sup>®</sup>

---

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

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

---

*Facilitating an advanced SMART Recovery<sup>®</sup> meeting*

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

---

*Achieving an authoritative balance in your SMART Recovery<sup>®</sup> meeting*

### SEGMENT 8: THE "FINALS"

---

### SEGMENT 9: ATTEND THE TRAINING MEETINGS

---

### SEGMENT 10: EVALUATION FORM

---

**NOTE:** A new training session starts every month, with the two live meetings taking place after completion of the study portion of the training. The self-study coursework is expected to be completed prior to the first scheduled training meeting. The two 90-minute meetings take place in the first part of the following month in our online voice Distance Training Meeting Room.