

Using www.psychologytoday.com to identify psychotherapists who treat addiction

This website has the largest searchable database of US psychotherapists. Therapists are a major referral source for SMART Recovery. Unless these therapists believe there is only one genuine approach to recovery, they will be happy to hear that you are starting a SMART Recovery that they can refer their clients to.

Hover your cursor over “Find a therapist” on the navigation bar (at the top of the home page)

Click “Find a therapist” on the menu that appears below your cursor.

On the new page that appears enter either a zip code or a city. You may need to experiment with whether a city name or a series of zip codes produces more easily used results for you.

Results are shown 20 per page. The number of pages is indicated at the bottom (if more than 10 pages you may need additional clicks to see them). The order of the therapists randomly shuffles with each new search.

To identify addiction providers, look to the upper left corner of your results page and “refine your search” by clicking on addiction. The number of results will reduce by approximately half.

Click through to the therapist’s page. Notice the actual address in the upper right. Search results include providers both in the area you requested as well as “near” the area you requested. The location may make a difference to you.

The number listed is not actually the therapist’s phone number. If you call several of these numbers in quick succession it may appear that your phone line is no longer working. Psychology Today is blocking what it considers “telemarketing.”

You can call only a few therapists at a time, or create your own list of therapists by searching for them on the web.

For instance, if the therapist is Jane Doe PhD, by googling her name you will probably find her own website and her own phone number. Assuming you will need to make follow-up calls later, her own number is the one to record.

Similarly, the email option shown on Psychology Today goes through another server and not directly to the therapist. If you send many emails at once they may not go

through. If the therapist's website contains an email address you can record it, or return to the therapist's site to send an email from it (if that option exists).

Script for a voicemail message (takes about a minute; it repeats the name "SMART Recovery" several times in the hope they remember it!)

Hi, my name is _____. I'm calling to tell you that SMART Recovery will start a free, science-based mutual help addiction recovery group (location, day, time, start date). I will be hosting this meeting each week. SMART Recovery uses a self-empowering approach to recovery. SMART Recovery has the same goals as 12-step groups, but a very different approach. SMART Recovery will appeal to some individuals who are unwilling to attend 12-step meetings. Some individuals attend both types of meetings. To learn more about the approach please visit our website at www.smartrecovery.org, or call me at(repeat number slowly). I hope you will give this information to your clients who have chosen to abstain from any substance or activity addiction, or are considering abstinence. My number again is..... Thank you.

Text for an email:

I'm writing to tell you that SMART Recovery will start a free, science-based mutual help addiction recovery group (location, day, time, start date). I will be hosting this meeting each week. SMART Recovery uses a self-empowering approach to recovery. SMART Recovery has the same goals as 12-step groups, but a very different approach. SMART Recovery will appeal to some individuals who are unwilling to attend 12-step meetings. Some individuals attend both types of meetings. To learn more about the approach please visit our website at www.smartrecovery.org, or call me at xxx-xxx-xxxx. I hope you will give this information to your clients who have chosen to abstain from any substance or activity addiction, or are considering abstinence. Thank you.

Making one or more follow up calls/emails would likely be helpful. You might enlist a volunteer to assist you.