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Nova Southeastern University
Center for Psychological Studies

Mark Sobell, Ph.D., ABPP
Nova Southeastern University
Center for Psychological Studies

Meeting Attendance Verification

Dear _____, (referring professional)

I attended a SMART Recovery meeting at:

_____ (Location) on _____ (date)

During the meeting I: (Check relevant items)

- described my personal addiction history
- worked on my cost-benefit analysis (Point 1)
- worked on how to cope with cravings (Point 2)
- worked on my irrational thoughts (Point 3)
- worked on balancing my life better (Point 4)
- provided feedback or perspectives to other participants
- did not participate out loud much, but thought a lot

What I most got out of this meeting was:

Sincerely _____, (name of participant)

_____(Signature of Facilitator and date)

(Attendance at location and time listed above is verified by)

SMART Recovery® Four Point ProgramSM

- Building and Maintaining Motivation to Abstain
- Coping with Urges
- Problem Solving
- Lifestyle Balance

SMART Recovery®

- Teaches self-reliance rather than reliance on a higher power
- Views addiction as a complex maladaptive behavior rather than as a disease
- Encourages you to recover and move on with your life
- Does not use the labels "alcoholic" or "addict"
- Does not have sponsors
- Holds meetings which are actual discussions rather than a series of monologues
- Advocates the appropriate use of prescribed medications and psychological treatments
- Evolves as scientific knowledge evolves

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