



### SMART Progress

## Register Now to Join Us in Chicago on October 16–18!

Don't miss our Annual Gathering on October 16–18, 2009 in Chicago! Preferably, all of you will show up for the fun, the fellowship, and the facts... facilitators, volunteer advisors, board members, and the many members of our face-to-face and our online community. It's an incredibly rewarding experience, as well as an opportunity to share your thoughts, ideas, and experience to help grow the organization!

Registration is \$79, and includes the Friday evening meet/greet dinner, Saturday

breakfast, lunch and program, and Sunday breakfast and program.

Additional information and registration is available online via our website: [www.smartrecovery.org](http://www.smartrecovery.org). Click on the Please Join us in October for our Annual Gathering link.

Don't delay in registering! We look forward to your participation!

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### President's Letter

## See You In The Next Issue

You may look forward to the next President's Letter in the Winter Issue of the *News & Views*.

## Come Enjoy the FUN in FUNdraising!

November 7, 2009, SMART Recovery® Online will host its 11th anniversary FUNdraiser Event. Festivities begin at midnight eastern time and wrap up at 9 p.m. There'll be fun for all and at the same time raise money to help support SMART Recovery®. We have an amazing lineup of guest speakers, including:

*(Continued on page 2)*

## The SMART Recovery® 4-Point Program<sup>SM</sup>

**T**he SMART Recovery® (Self-Management And Recovery Training) program helps individuals gain independence from addictive behavior.

*Our efforts are based on scientific knowledge and evolve as scientific knowledge evolves.*

### The program offers specific tools and techniques for each of the program points:

**Point #1:** Enhancing and maintaining motivation to abstain

**Point #2:** Coping with urges

**Point #3:** Managing thoughts, feelings and behavior (problem-solving)

**Point #4:** Balancing momentary and enduring satisfactions (lifestyle balance)

## November 7, 2009 SMART Recovery® FUNdraiser Event Schedule

(Eastern Standard Time)

<b>7:00 a.m.</b>	– What's Up Down Under? (an update on SMART Recovery® AU)
<b>8:00 a.m.</b>	– Bill White <i>The History of Addiction Treatment &amp; Recovery in America</i>
<b>9:00 a.m.</b>	– Michler Bishop – Is managing an addiction like managing diabetes? And is that the case for everyone?
<b>10:00 a.m.</b>	– Reid Hester – <i>Overcoming Addictions – A SMART Recovery® Interactive Internet Course.</i>
<b>11:00 a.m.</b>	– Anne Fletcher – <i>Sober for Good</i>
<b>12 Noon</b>	– Tom Horvath – Predictions about SMART Recovery®'s future
<b>1:00 p.m.</b>	– Julie Meyers – Successfully Passing the Hat
<b>2:00 p.m.</b>	– Robert Meyers – CRAFT (Community Reinforcement Approach and Family Training)
<b>3:00 p.m.</b>	– Emmett Velten ( <i>REBT for People with Co-occurring Problems</i> ) and Jonathan Von Breton – Ask The Pros
<b>4:00 p.m.</b>	– Thomas Litwicki – Gambling Addictions
<b>5:00 p.m.</b>	– Volunteer Hour – How to become a SMART Recovery® Volunteer
<b>6:00 p.m.</b>	– Telethon Begins – hosted by Fall Fundraiser Committee
<b>7:00 p.m.</b>	– Telethon Continues
<b>7:30 p.m.</b>	– Auctions Ends – telethon continues until 8:00 p.m.
<b>8:00 p.m.</b>	– Old Timers Hour

The fun-filled, treasure-packed auction is better and way bigger this year. Items include:

Tim Tams from Australia (you haven't lived until you have eaten Tim Tams!)

Autographed copies of several books such as this brand new first edition by Bill Knaus called *End Procrastination Now!* and the new book by Emmett Velten and Patricia Penn, *REBT for People with Co-occurring Problems: Albert Ellis in the Wilds of Arizona.*

**NEW!!!**  
by Bill Knaus

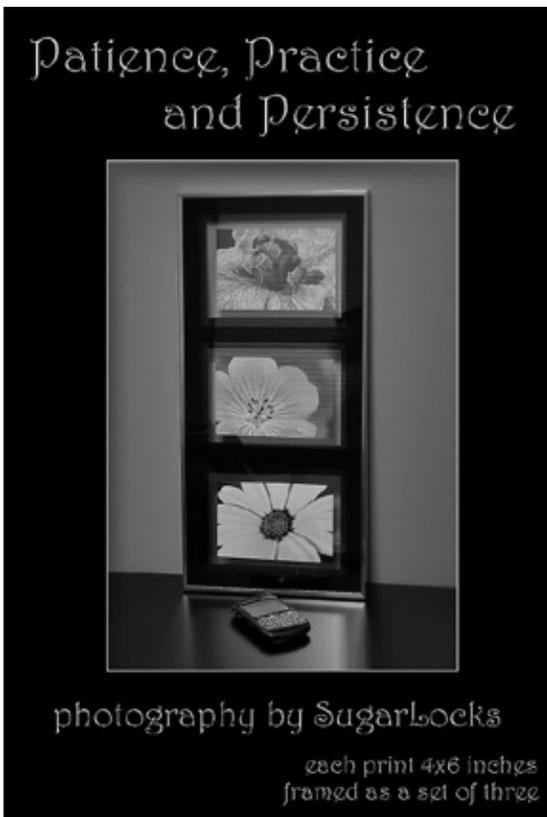
*End Procrastination Now!*  
**Getting it Done**

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Hand made jewels like these by Alby:



And lovely works of photographic art such as this piece by SugarLocks

There is no end to the creative talent and crazy fun you will find at our annual auction. So come enjoy the fun, listen to some fantastic speakers, and maybe find a special treasure!

## Facilitator Support and Tool Time Sessions

Have you ever wished you could have a little extra support for your meetings? Have you wondered what happened to YOUR turn at a meeting?

Experienced trainers including several members of the Board of Directors from SMART Recovery® have agreed to offer support for meeting facilitators and volunteers. Each month you can participate in three meetings. Each first Tuesday at 8 p.m. Eastern and first Saturday at 11 a.m. Eastern, there will be a tool training session. These will include SMART Recovery® tools and Motivational Interviewing viewpoints to help you learn an effective non-confrontational approach to leading your meeting. (See schedule on Page 4.)

In addition, each month's second Monday is Fresh Start Monday. Tom Horvath and Lorie Hammerstrom (aka Hammer) will offer a meeting for you to discuss your own life struggles and challenges. Another benefit is that you will get a chance to see how a seasoned veteran runs a meeting.

All of these meetings take place in the SMART Recovery® PalTalk voice meeting room. To sign up, visit [www.paltalk.com](http://www.paltalk.com). If you need help, contact Hammer at [ljohammer@gmail.com](mailto:ljohammer@gmail.com) for further help.

The password for the tool meetings will be *trams*. The password for the Fresh Start Monday meeting will be *fresh*. As well, you can join any of the regularly scheduled SMART Recovery® meetings, using the password *donate*.

A calendar of these meetings and all other SMART Recovery® events is in Google Calendar. You can find a link to Google Calendar on our homepage at [SMARTRecovery.org](http://SMARTRecovery.org).

### Articles are Welcome!

If you have a story or information you would like to see published in the *News & Views*, please feel free to submit a copy to Emmett Velten, Editor, via e-mail: [ev\\_verb@msn.com](mailto:ev_verb@msn.com). Unsolicited material is most welcome!

## Tool Time Training

Date	Time	Presenter	Topic
Oct 3, 2009	11:00 a.m.	Henry Steinberger	DEARS - Motivation Interviewing Technique
Oct 6, 2009	8:00 p.m.	Sam29	Exchange Vocabulary
Oct 12, 2009	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Nov 7, 2009	7:00 a.m.	Fall FUNdraiser	Guest Speakers Begin
Nov 7, 2009	6:00 p.m.	Fall FUNdraiser	Telethon
Nov 9, 2009	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Dec 1, 2009	8:00 p.m.	Charlie aka ChasOhio	USA/UOA
Dec 5, 2009	11:00 a.m.	Jonathan vonBreton	CBA/De-Awfulizing
Dec 14, 2009	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Jan 2, 2010	11:00 a.m.	Emmett Velten	ABCs of REBT Urge Coping
Jan 5, 2010	8:00 p.m.	Brett Saarela	Stages of Change
Jan 11, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Feb 2, 2010	8:00 p.m.	Joe Gerstein	DISARM/Hierarchy of Values
Feb 6, 2010	11:00 a.m.	Joe Gerstein	Time Oriented Cost Benefit Matrix
Feb 8, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Mar 2, 2010	8:00 p.m.	Henry Steinberger	DEARS - Motivation Interviewing Technique
Mar 6, 2010	11:00 a.m.	Hammer aka Lorie	Dire Need For Approval
Mar 8, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
April 3, 2010	11:00 a.m.	Tom Horvath	Goals and Values
April 6, 2010	8:00 p.m.	Hammer aka Lorie	JAMMED SLOP or cognitive distortions
April 12, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
May 1, 2010	11:00 a.m.	Charlie aka ChasOhio	ABC of REBT Emotional Upsets
May 4, 2010	8:00 p.m.	Richard	Rehearsals/Role Playing: Brainstorming
May 10, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
June 1, 2010	8:00 p.m.	Jonathan vonBreton	CBA/De-Awfulizing
June 5, 2010	11:00 a.m.	Brett Saarela	Stages of Change
June 14, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
July 3, 2010	11:00 a.m.	Richard	Message Board tips and tricks
July 6, 2010	8:00 p.m.	Emmett Velten	ABCs of REBT Urge Coping
July 12, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday
Aug 3, 2010	8:00 p.m.	Hammer aka Lorie	Dealing with Anger/Anxiety/Depression
Aug 7, 2010	11:00 a.m.	Tom Horvath	Core beliefs/root problems
Aug 9, 2010	8:00 p.m.	Horvath/Hammer	Fresh Start Monday

advertisement



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## A Warm Welcome to Lorie



Lorie at the 2008 Annual Gathering

### Hammerstrom!

SMART Recovery® has gained the benefit of an inspirational new Board Member, Lorie Hammerstrom (a.k.a. Hammer in our online commu-

nity). Lorie has been with the organization for a number of years, first benefiting from the program via the online community, then “paying it forward” by becoming an online facilitator, member of the online FUNdraising committee, Message Board Liaison and volunteer, Distance Training Facilitator/Hostess, Facilitator Support Meeting Hostess, Tool Training facilitator and coordinator, and now, a member of the Board. Her unstinting enthusiasm for the organization and the people we serve is always evident! Lorie is also serving as the Board of Directors’ Liaison to SMART Recovery® Online. Welcome, Lorie!

*Editor’s Note: Buy the book! Under the Influence: Reflections of Albert Ellis in the Work of Others, Tucson: See Sharp Press, 2008.*



## International Development

### SMART Recovery® Australia Bulleted Update

by Jim Villamor, SMART Recovery® AU Coordinator

- Our new website is up and running. We have had a lot of positive feedback on it.
- Google Maps now directs people to the groups in Australia.
- We created Certificates for Attendance and Training for attendees to receive after completion of training.
- We won a grant from NADA (Network Alcohol and Drugs Association) to start BE SMART Family and Career’s group in NSW.
- Josette attended a seminar, “Working with Indigenous Communities,” in

Melbourne. We continue to build relationships with the indigenous communities.

- We received government grant money from Juvenile Justice to run the teen SMART Recovery® in all their Juvenile Justice Centres in New South Wales.
- SMART Recovery® has collaborated with Jewish House and Sydney Clinic to build stronger Through Care options.
- NDARC (National Drug and Alcohol Research Centre) wants to do a survey or evaluation on SMART Recovery®.
- Jim conducted two trainings in Brisbane to tap strong local interest in SMART Recovery®.
- Jim and Josette conducted a training in Walgett, New South Wales.
- Jim did a three-hour in-house training. This training was advertised on the website and on the ADCA website. There were so many responses that Jim planned additional trainings.
- Jim and Josette trained eight people at Job Centre. They already have a highly popular SMART Recovery® Group in Wagga Wagga at the Job Centre.

## SMART Recovery® Program Tools & Techniques

The SMART Recovery® 4-Point Program<sup>SM</sup> employs a variety of tools and techniques to help individuals gain independence from addictive behavior.

**These tools include:**

- Change Plan Worksheet
- Cost/Benefit Analysis
- ABCs of REBT (Rational Emotive Behavior Therapy) for Urge Coping
- ABCs of REBT for Emotional Upsets
- DISARM (Destructive Images Self-talk Awareness and Refusal Method)
- Brainstorming
- Role-playing and Rehearsing

Participants are encouraged to learn how to use each tool and to practice the tools and techniques as they progress toward Point 4 of the program—achieving lifestyle balance and leading a fulfilling and healthy life.

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- Josette and Jim did training at Kedesh House in Wollongong. They asked us to attend the first meeting.
- Also in Wollongong, Darcy House personnel requested training. They are a drop-in centre for all kinds of people and they seem to like the SMART Recovery® philosophy.
- We did a presentation at the ATCA Conference (Australian Therapeutic Communities Association).
- We flew by three-seater into Coffs Harbour, hitched a ride north to Byron, where we hired a WWII vintage jeep to get to Lismore and Ballina to do some trainings. From there, we pressed on by pack mule to meet with local groups. We continued our trek on foot to visit the halfway house named Balund-A at Tabulum, which is located near Casino.
- We did training in Liverpool for 25 people. One of our current facilitators, Christine Nickel, works closely with the Catholic Churches in Liverpool.
- Jim provided In-House SMART Recovery® Training.
- Turning Point has requested more training. We would like to open this training up to other members of the community as well.
- Jim will attend the Chicago Annual Gathering.
- November 1-6, SMART Recovery® and Department of Corrective Services will collaborate on a presentation at the APSAD Conference in Darwin.
- November 16-18, Josette and Jim will visit Adelaide, where there is strong interest in SMART Recovery®.



Dr. Joe Gerstein presented SMART Recovery® to Australian prison officials during a recent visit to Australia

## SMART Recovery® Alberta Update

by Curtis Boudreau – President SMART Recovery® Alberta

Hello all fellow SMART folk ☺

Business is booming in Alberta! We are growing and growing. In fact, the only thing hindering the growth is our lack of trained facilitators. We are working at increasing our facilitator count, but it takes time. I am proud to say we have an excellent team of facilitators and contributors.

Since the last update, SMART Recovery® Alberta continues to give presentations at five different centres on an ongoing basis. The newest place that contacted me to come and present for their clients was the SAILL Program. This stands for Substance Abuse in Later Life. It was an honor to do the presentation, and will be returning in the fall for another group of participants and alumni who are interested in SMART Recovery®. There was interest in opening up a weekly meeting for the senior citizens who have mobility issues; wouldn't that be great!

I am pleased to see that the polarization between cognitive and spiritual rooms is diminishing in Alberta. Many

people now attend SMART Recovery® meetings in addition to whatever they choose to explore spirituality. This includes 12 step, church, bible study, and meditation. The SMART Recovery® program coupled with their own spiritual program is turning out to be a powerful 1-2 punch in their fight with addiction.

Not too long ago, the management of The Salvation Army Centre of Hope contacted me to ask me to come and present the SMART Recovery® program to their residential clients enrolled in their in-house recovery program. The Centre of Hope is a Christian, 12 step based centre. I am pleased to say that the program blew them away. In fact, the monthly presentation is now MANDATORY for all of the in-house residents. Many of the men now attend SMART Recovery® regularly in addition to their spiritual programs.

Our weekly presentation at Renfrew Detox Centre is turning out to be the place we seem to attract many new people to SMART Recovery® meetings. I have had quite a few people vigorously shake my hand stating they are re-invigorated to see a new path for their recovery to take, a non-spiritual one, one where they can finally look in the mirror for a solution. Those who are spiritual are pleased to hear that I attend 12 step meetings myself, and yes, you can do both.

I feel blessed and honored to bring fresh air to the fight with addiction in Alberta. For so long there has been nothing available other than 12-step spirituality. Finally, with SMART Recovery, people can finally exercise choice in how they choose to tackle their addictions.

Until next time,  
Curtis

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为您提供实践的信息和策略以帮助  
您摆脱有害的成瘾行为

What's that? Why it's the SMART Recovery® Handbook, now available in Mandarin Chinese!

Karen Gabe, an American teaching psychology at Nanjing University in Nanjing, China, contacted SMART Recovery® some time ago to offer to have her Peer Counseling students translate the SMART Recovery® Handbook. (The students are incorporating the SMART Recovery® program into their studies.) Great thanks are due to Li Feihan, the translator, and Chen Si, who did the proofing. Per Karen, they did an outstanding job with the translation, and SMART Recovery® is proud to offer the Handbook in Mandarin Chinese. Thank you Karen, Li and Chen!

And...what's this?

## کتاب دستی

That would be from our new Farsi SMART Recovery® Handbook, kindly translated by friend, Dr. Fariborz Arbasi, in Iran! Fariborz participated in one of our Facilitator Distance Training sessions, and has a meeting underway in Iran. He also continues to make presentations to a variety of professional groups to share the information about SMART Recovery®. Thank you, Fariborz!

## Book Review



### Book Review

#### *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery*

by Chris Prentiss

A proper review of Chris Prentiss's heavily advertised book, *The Alcoholism and Addiction Cure*, would fill a chapter, if not a small book, and I'd like to do that. For now, the beloved editor of this newsletter, namely myself, informs me that brevity is required. That being the case, I'll introduce my take on Prentiss's book, which you can keep in mind as you read it yourself, and maybe in later newsletter issues, or elsewhere, I can say more.

Dickens' famed opening to *A Tale of Two Cities*, "It was the best of times, it was the worst of times; it was the age of wisdom, it was the age of foolishness," are apropos to Prentiss's book, especially, but not exclusively, the worst and the foolishness parts. In a longer review, I will group the problems I saw in Prentiss's book according to five C's: Contradictions, Causes, Claims, Comedy, and Chris.

Prentiss claims that his Malibu program, Passages, is the best treatment facility in the world, and he repeatedly uses such words as "completely cured." He has other people ascribe heavenly attributes to it. (p. 173), asserting that God lives in Malibu, that Passages is the best place in the world, producing miracle cures, complete recovery, and a ray of healing sunshine (p. 202) with an extremely low rate of relapse.

As you read *The Cure*, you will notice glaring contradictions. Prentiss seemed to have written, and published, his first approximation, and was unaware of some of the contradictions in his ideas that an editor could have resolved in making the book coherent and better focused. In a number of passages, Prentiss expresses important, even radical ideas, which could easily fit with REBT. However, most of the rest of the book leads away from them deep into la-la land, or does not follow through on the promise of those sections.

For example, on page 146 Prentiss says the following regarding the causes of dependency: "I do not list alcohol, addictive drugs, or addictive behavior as causes of dependency because they are not causes; they do not even enter into the problem." Similarly, he smacks down genetics as an underlying talent, which has no ability to make anyone do anything at all. Besides myself, I have never heard anyone make the point that thoughts change chemicals, but

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Prentiss does so. As well, he says that disturbance-causing beliefs include those inconsistent with cause-and-effect reality, but does not integrate that idea into his thinking.

Prentiss includes long, confusing sections on chemical imbalance, which has taken over from the inner child and other fictions as the cause of everything bad. He gives examples of clients who found out they had chemical imbalances, and then got cured. "As it turned out, Joseph had an untreated chemical imbalance, ..." and then went on to abject happiness (p. 151).

A cause of chemical imbalances can be nasty childhood events, repressed of course. On pp. 152-153, we find a great deal of nonsense about suppressed memories that, fortunately, the client "got... out, [and] no longer craved alcohol." Simone, for example, believed she was ugly and had a chemical imbalance. While she believed she was ugly, she looked down to hide her "well-developed breasts." [Well!] Help, however, was at hand. Chris Prentiss told her she was beautiful, and she became a professional model! (Very possibly, she became the Italian super model mentioned as the simple farm boy's love object in the Rosetta Stone ad most air travelers have admired on the back cover of in-flight shopping magazines.)

Prentiss freely bashes the AA philosophy as (p. 142) "quite damaging," and delightfully thrashes the disease model, labeling, and lifelong meetings. The reason this has not caused more squeals of protest is that Prentiss also adheres to many 12-step ideas. As examples, he believes in "full-blown alcoholism," dry drunks, that doctors have to have had a problem in order to work well with others with the same

problem, that "the beast of addiction" (AA + RR!) is sneaky (cunning?), and others. Though he says addiction is psychologically caused, even after psychological cure, one drink of alcohol will inevitably lead to full re-addiction.

### **Causes and Cures**

Four main notions exist about the relationship between substance abuse/dependence disorders and other mental disorders, and some people subscribe to one or another of them and argue for their favorite. Prentiss is one of those people.

Anyway, the four causation theories are:

1. Psychiatric disorders cause substance abuse/dependence disorders. This is because people resort to drugs as self-medication, which means that if psychiatric problems are treated successfully, substance abuse/dependence will fade away.
2. Substance abuse/dependence causes psychiatric disorders, and the latter will remit after substance abuse/dependence ceases.
3. Common factors cause both substance abuse/dependence and psychiatric disorders.
4. Psychiatric disorders and substance abuse/dependence contribute to each other and interact, no matter which came first.

Prentiss emphatically cleaves to notion #1.

According to Prentiss, 100% of addictions are caused by dependency, and psychological problems cause dependency. He slams the disease theory repeatedly, for instance saying (p. 124) that the Disease Theory kept people from looking for underlying causes, which are at the bottom of their dependency.

People are medicating their fears and pain, according to Prentiss. He says that pain, meaning psychological pain, is at the bottom of every person's dependency (p. 141). If you get the correct cause of dependency, you get healing and cure (p. 132). "Addictions are merely symptoms of underlying conditions. Once you discover what your underlying conditions are and heal them, your addiction will disappear" (p. 184). "... when you discover what is really causing your addiction and heal it, your craving will cease and you will be able to effortlessly stop."

Prentiss believes that insight cures the dependency and gives many examples throughout the book of seemingly miracle cures (p. 132). "... if you get the correct causes of addiction, you get healing and cure (p. 139). Sobriety is easy, he says, once you heal the underlying conditions that led to dependency.

Sometimes, getting the correct insight takes a bit. You might need a hypnoterapist, such as the one who penned part of Prentiss's book, who will take you to an inner space where there are answers and solutions "to all ailments." For that to happen, though, may require releasing repressed trauma, and releasing feelings and the patterns of sabotage and the need for alcohol and drugs. It seems that the hypnoterapist uncovered repressed memories of abuse that were "buried in the subconscious mind." Repressed memories are not to be pooh-poohed, it seems. Because (p. 250-251) they can "become poison to us and will manifest in our lives as diseases of some sort."

To remedy that unfortunate state of affairs, sometimes the therapist has to use age regression (p. 252). "Then in therapy I took her back to the *very first time* she had felt unloved. This had to do with

her mother's response to her when she was an infant... in the crib." [italics in the original].

The longest-running example of his theory's efficacy is that of his son, Pax. It seems that Pax became a heroin addict, and he had many adventures and close calls that liven up the book in a long section you'd think is fiction (if you didn't know better). However, it turned out that Pax's pain and dependency were caused by his low self-esteem, and that was caused by the fact that his dad, Chris Prentiss, had so many accomplishments, which are then listed in impressive detail. Luckily, though, Pax had that insight and that was the last he ever used drugs. He now works with his dad at Passages.

Here is more detail about the cause of Pax's low self-esteem. His dad does, "... so many wonderful things: he writes books, has written, directed and produced a feature film, conducts seminars, has created several successful companies, is a master negotiator, has tons of friends and people who ask him for advice, owns real estate in different places, he rides horses, is well traveled, completely articulate and holds brilliant conversations that I wish I could participate in but can't because they're over my head."

However, p. 122, the cure came when Pax got the insight that he was not at all like his dad<sup>1</sup>, namely "confident, strong, handsome, smart, capable." All was not lost: "He [his dad] told me when he was my age he didn't know anything either."

The therapists at Passages wrote a number of the chapters of *The Alcoholism and Addiction Cure*, which is rather reminiscent of the Big Book (*Alcoholics Anonymous*) of AA. While purported letters to Prentiss included in the book are in his writing style, the extra chapters in the last third of the book do indeed seem to have written by various of Prentiss's employees (therapists). For the most part, their ideas are juvenile, anti-scientific, and wince-producing. They say all manner of odd and over-the-top things, and believe in and practice regression to past lives, the walking wounded inner child, "body memories" (trauma may be lodged in, say, one's adenoids), traumas imprinted in the subconscious mind, "soul wounds," "cellular memories" (no, not cell phone, but your individual cells have memories), and vibrational frequencies (get your mind out of the gutter!).

On p. 267 a reprise of Bill W's white light of the God of the preachers, when one of Prentiss's therapists at Passages intones to what must have been a stunned client: "I command in the name of the pure white light of God, all negative energy to leave!!!"

Is Prentiss an original thinker? Possibly. He makes no references at all to SMART Recovery<sup>®</sup>, any of the other non-12-step alternatives; no reference to court decisions about mandatory 12-step attendance; no mention of evidence-based treatments; no mention of Miller, Marlatt, CBT, Ellis, Beck, naltrexone, Campral, Motivational Interviewing, etc. He does not refer even once to a single one of the 18 types of treatment Hester and Miller identified in their *Handbook of Alcoholism Treatment Approaches: Effective Alternatives*, as having a preponderance of scientific support as efficacious in treatment of alcohol problems. Nevertheless, Prentiss's crew of

therapists of various stripes, effect a near-100% cure rate.

<sup>1</sup> An exception appears to be that Pax's writing style, oddly enough, is remarkably like his dad's.



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## SMART Ideas



### Getting a New SMART Recovery® Meeting Started

by Christopher Wilke, Facilitator, Wausau, WI

When we began to organize a SMART Recovery® meeting here in Wausau, Wisconsin, we understood that success would require patience and hard work. Wausau had a meeting in the past, but attendance was poor and it disbanded. We were determined to learn from its short life. *Our* first meeting, on the other hand, was very well attended: just two of us who were familiar to SMART Recovery® through the Wisconsin Department of Corrections.

Nevertheless, we have grown, and after less than one year, a meeting may have as many as eighteen attendees. The public is now aware of SMART Recovery®. We are currently promoting SMART Recovery® at the local health facilities, working with the county jail, and advising with the “TIPS” program (Treatment Instead of Prison), all in order to get SMART Recovery® out to the people.

In building SMART Recovery® in Wausau, a few things seemed especially important:

- Find a central location for meetings (bus routes and walking very important to many people)
- Use free newspaper advertisements

- Take advantage of free radio promotions (rock, country, jazz, and public radio are willing to promote recovery groups)
- Place advertisements on free local television calendars
- Offer SMART Recovery® to health-care facilities, local jails, churches, and halfway houses (volunteer speaking goes a long way!)
- Delegate, delegate, delegate (one person cannot do it all!)
- Find sources to aid in photocopies, donations, etc.
- Set realistic goals
- Initial cash outlays may be needed
- Promote, promote — anyway you can

If you show patience and understand that getting started takes work, this pays dividends. Remember: Rome was not built in a day. Anybody who wants to discuss getting a meeting started, please feel free to contact Chris 715-846-0159 or Robert 715-571-6394. We are willing to help in any way that we can. Good luck!

### Are there Secrets to Successfully Passing the Hat?

by Dylan Barmmer, La Jolla, CA Facilitator

Because of the strong support provided by our local Volunteer Advisor, Dr. Tom Horvath, the San Diego area groups provide the Central Office with all of the hat-passing money collected each month. We are proud to say that collectively, that generally amounts to between \$700 and \$800 a month. Recently, the Central Office asked if one of us would be willing to share our “secrets to success,” and I agreed to do so... even though I’m not sure I have any “secrets.”

In my case, I try to run a very open, collaborative, and fun meeting. I try to get all of the attendees involved and

feeling as if they’re an important part of the meeting and the organization (because they are). When it comes time for “hat passing” (I don’t actually use a hat, I just ask folks to put their donation on the table), I remind them that support of the Central Office is important to the stability and growth of the organization. I suggest that they be as generous as they can afford to be, and guess what? They are!

So perhaps the “secret” is simply making it clear to the members that the opportunity to give and to support the organization — to keep it available to people in need — is what provides the strong outpouring of donations. I also believe that having camaraderie among the members helps, and we’re fortunate to have a strong group of “regulars.”

So, don’t be shy when it comes to asking for donations. It helps the members feel good about giving back. And we all know how good that can feel.

### Garage Sale Yields over \$1,000 for Purchase of SMART Recovery® Handbooks

by Howard Pellett, Facilitator

Howard Pellett & Son(s) has participated for eight years in the annual Ship Wreck Day sale in Anacortes, WA. This sale, held on the third Saturday of each July, is the largest garage sale in Washington. It takes up several blocks in downtown Anacortes. Each year, Pellett & Son(s) has donated its proceeds to a local charity. We decided this year’s sale proceeds would help buy SMART Recovery® *Member’s Handbooks*, including some for inmates at Monroe prison.

We distributed our flyers primarily on Guemes Island, and they described this year’s charitable purpose — prison

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programs. Months before the sale, people started to send donations, and we stored them in Pellett & Son(s) garage. Well prior to the sale date, we also filled a Pellett & Son(s) van. Packing, pricing, and storing took a good part of a day, and then we moved everything from Guemes Island to stay with a friend in Anacortes. Bright and brutally early, up we got at 4:30 a.m. on Ship Wreck Sale day and moved out to the sale location, where we arranged donations on tables and started selling to the early birds.

The people are the most fun part, and they made all the preliminary work doubly or triply worth it. We dickered prices, made deals that make people happy, and worked toward selling as much as possible because who wants to have to pack and take stuff home? At 3:00 p.m., we put up a “free” sign, which took care of just about everything other than a few small boxes of genuine junk, which we took to the dumpsters furnished by the City of Anacortes. Customers have always bought everything worth buying—or getting free—by close of the sale at 4:30 p.m., and they came through like troopers.

We headed home by 5:00 p.m. with \$1,045 in hand to purchase SMART Recovery® Handbooks and to enjoy a delicious dinner prepared by Carol Pellett. What a beautiful and great day we spent in Anacortes!

## Expectations

by Shari Allwood (in place of Hank Robb's quarterly article)

Anyone who has been involved in publishing, even a quarterly publication like the SMART Recovery® News & Views, knows that deadlines are important. A month before the articles are due, we send reminder notices to

regular quarterly contributors. If I'm on top of things, I send another reminder at least a week in advance.

For this issue, the first notice went out as scheduled, but I failed to send the follow-up until, well... the day before the articles were due.

In Hank Robb's case, reminders are not necessary. Hank ALWAYS gets his article submitted on time, often even a couple of weeks before the deadline. I was certain Hank must have sent me his article, and I had simply misplaced it. A note from Hank indicated that his life has been hectic, and he would not be able to submit an article this quarter. Say what??? As if to make myself feel a little worse, I began shoulding. “People SHOULD turn in their article on the first of the deadline month without my having to remind them.” “It's NOT FAIR that I have to take time to remind them.” “This issue is going to stink because I won't have all the copy I SHOULD have.”

I believe an ABC would go something like this (and any/all who are expert at ABCs may feel free to correct me!):

### A = Activating Event

Not all News & Views articles made it by the publishing deadline, and I forgot to send the requisite reminders.

### B = Beliefs

The regular contributors MUST send me their articles on time! I SHOULD have sent the second reminder much sooner. No, wait...I SHOULDN'T even have to send reminders! This issue will be below par of my expectations; it's going to stink (as it MUSTN'T!)

### C = Consequences

Disappointment and cognitive putdowns, directed at the untimely authors and at me.

### D = Disputing Irrational Belief

Who said the authors ABSOLUTELY MUST meet the deadline every quarter? My busy life and workload prevented me from remembering to issue the second reminder in a timely manner.

Does my forgetting make me a failure? Who said the issue will stink? Look at all of the articles from people who are not quarterly contributors!

### E = Effective New Beliefs

Busy people who volunteer their time merit a bit of my time to send a gentle reminder. While it would be lovely and preferable if authors were always timely, but they do not HAVE TO be. There may be times when their busy lives interfere with deadlines. (And remember, Shari, most are usually very timely!)

While I would prefer that I had sent the reminder sooner, life will go on, and no lives are at stake. I did fail, but it does not make me a failure. I am simply a PERSON WHO did not meet her expectations. (And are my expectations always reasonable?)

If track record is any indicator, this issue is going to be great! Readers won't even notice that I allowed myself the opportunity to upset myself!

While here, I would like to take this opportunity to thank the authors who provide quarterly articles—you are terrific! And let me say to our volunteers and members who submit articles as ideas and successes come to mind, you're awesome as well!

All readers may feel free to submit an article for any issue. We value your contributions!

## Take a Hike!

by Charlie, Online Volunteer (with thanks to Betty)

In the Tuesday night meeting, someone mentioned that the SMART Recovery® “widget” is a stylized compass rose that represents the SMART Recovery® 4-Point Program<sup>SM</sup>. (There’s that widget)



To take that analogy a bit further, if SMART Recovery® is our compass, let’s look at some other elements...

- CBA — Your Map

The CBA is your map... it shows where you want to go (what do I like about recovery?), and it shows what we want to avoid (what don’t I like about my addiction?)

- The ABCs — Your Machete

The ABC’s let you cut down the irrational thinking and other crap blocking your path... and clear the way to get to where you want to go.

- USA — Your Comfortable Hiking Boots

USA (Unconditional Self-Acceptance) lets you feel comfortable on your journey... rather than suffering the blisters of self-downing.

- DISARM — Your Trusty Side Pistol

DISARM (Destructive Images & Self-talk Awareness & Refusal Method) lets you quickly dispatch what jumps out at you along the way!

- Role play & Planning — Your Ropes and Rigging

Role play & Planning Worksheets help you keep yourself from taking a nasty fall by securing your path as you go.

- Your Goals — The X on the Map!

Above all, keep checking your position, and stay mindful of where you want to go!

## People Power



## Celebrating Four Years Sober Today

by Questor7, SMART Recovery® Online Participant

Four years and 30 days ago, I concluded that I needed to do something about my drinking. I had not used my drug of choice, which was pot, for over six years and had noticed that my drinking had increased in both frequency and quantity. At the time, it did not occur to me that I was using booze for the same reasons I used pot: to numb myself. I kept trying to moderate but to no avail.

Finally, I decided to see if I could go 30 days without a drink. And I succeeded. On August 3, 2005, I decided to have a drink to celebrate my sobriety. It seemed like a logical thing to do at the time. And I got hammered. It was the only time my partner did not want to drink with me. I drank alone and got very sick during the night and I fell and broke my ankle. That was the final blow. I knew I had to do something about my drinking.

I almost went back to AA where I had spent two years sober — but just

could not bring myself to return there. Thankfully, a few days later I found SMART Recovery® On-Line, and I have been sober ever since.

There’s so much more to this story. I’ve learned that my life is not just about “not drinking.” It isn’t about how long I’ve been sober. It’s about the choices I make every moment of my life. It’s about living and enjoying “life’s rich pattern,” experiencing and accepting whatever it brings. And it’s about using the SMART Recovery® tools and being creative and even learning Tai Chi for the first time.

As many of you know, this last year was a whopper for me. I was in a serious car crash with my partner. I evacuated four times from the bushfires in Victoria. My partner died suddenly in June and I had to put down our family pet a few days later. I’ve moved house three times in two months and still am in a temporary place. Sounds “awful,” doesn’t it? Moreover, certainly it sounds as if I have many excuses to drink.

But you see, since I came to SMART Recovery®, my attitude has changed in ways that are borderline miraculous. Yes, I’ve had a hard time. At times, I really feel down in the dumps. Yet I don’t believe that there is ever an excuse to use or drink again. And I don’t tend to awfulize much anymore.

I celebrated my fourth year of sobriety by going to my first face-to-face SMART Recovery® meeting. It was really a neat thing to meet people in various stages of their recovery, share with them, and hear them explore their choices.

So thank you, SMART Recovery®, for helping me build such a solid foundation. If I hadn’t found SMART Recovery® and quit drinking, today I might be dead drunk—or dead!

Thank you, one and all, for your support. I hope I can make a positive contribution to the world as I travel down this new road.

## A Long-time SMART Recovery® Volunteer Celebrates 90 Years!

Dick Bozian, former Board member and all-around SMART guy, celebrated his 90th birthday in August. Those who have the pleasure of knowing Dick would guess him to be far less than 90. He has the energy and enthusiasm of people forty years younger. (The author of this post is still barely under 50, and would NOT want the challenge of equaling Dick's energy!)



Dick at the August Birthday celebration hosted by the local volunteers.

Dick, here's to many more happy and wonderful birthday celebrations. SMART Recovery® is grateful for all you do and have done, both in Cincinnati, and for the organization!

## New York City - Thank You to Peter!

SMART Recovery® NYC® wishes to offer our sincere thanks to long-time Director, Board Member, Treasurer, Secretary, and all-around supporter and mentor, Peter Cusack. After many years of service to the NYC area groups, Peter is retiring. We will sorely miss his undying enthusiasm, financial expertise, organizational skills, and program knowledge. On behalf of the many people whose lives you touched, thank you, Peter, for all you have done for us in NYC!



Peter enjoying a presentation at the 2008 SMART Recovery® Annual Gathering

## Deadly Deal

by Tim-San Diego, SMART Recovery® Online participant

Hey buddy, Come here! Got a thrill for you now.  
Take just a little. You'll love it, and how!  
Hey, Why you bugging? It ain't no big deal!  
A couple of pills or a shot...and OH HOW YOU'LL FEEL!

Stop whining and moaning, No reason to freak.  
Those junkies and crack-heads are only the weak.  
You're strong, you're together, you won't go that path.  
You'll stop when you want to with none of that wrath.

So have a few more..Hey what could it hurt?  
You're a high end user...miles from all the dirt.  
Feel free use some more at each chance just nab it.  
Who cares if those losers claim now it's a habit.

It makes you feel good. It makes you feel groovy.  
Like you could star in a blockbuster movie.  
So money is tight and your friends start to wander.  
You get by and who cares just how much you squander.

You are one of the gang now, you're one of the troop.  
Each day your "helper" deals with life's goop.  
The doses get higher, but that ain't no thing.  
It's under control and you're still the king.

Then one day things don't go well, just unneeded strife.  
Spouse leaves you, get fired or near loss of life.  
You think: "Hey maybe I'll cut back on this crap".  
But the hook's now set deeply, you feel like a sap.

"But others have shook it" you bravely declare.  
Yet deep in your heart is a cauldron of fear.  
You've heard of the horrors of all the withdrawals.  
The detox attempts and the horrible falls.

You're no longer so certain of your inner strength.  
Ms. Pharma misled you for too long a length.  
You question your way to face life fully sober.  
You wonder if the life that you once knew is "over".

Am I screwed? Am I f-cked?, just another statistic?  
As my Drug of Choice grows less friendly and more sadistic.  
These are the times when you question your worth  
And wonder how soon you'll be planted in earth.

But this is the time to take new perspective.  
You've followed Ms. Pharma with little directive.  
Yes, you've screwed up a good chunk of your life.  
And recovery can't guarantee the return of your wife.

But by now you can see where the road you're on's heading.  
But it's all up to you for changing the setting.  
Detox is a bummer, recovery's trying.  
But the life you recover's so much better than dying.

You could play out the drug life to it's logical end.  
Get a plot right adjacent to your drug-addict friends.  
But why not say; "Screw That!" and find a new start.  
A great place to do that is right here at SMART.



## From Beyond the Walls

### *Realizing Self-Empowerment*

by Barry A. Grant

One of the most appealing elements of SMART Recovery® for those who truly desire to change their manner of thinking while making the transition back into the community, is the self-empowerment epiphany. With many

people, this new experience brings a false sense of control over societal perspectives, otherwise known as Activating Events, as opposed to self-management. The idea of entitlement also causes trouble because former prisoners often insist that they paid their debt, and therefore reality owes them something as they return to the community.

SMART Recovery®'s 4-Point Program<sup>SM</sup> applies to the entire array of the reentry process, because while it is a path to abstinence, it also provides a foundation for positive change—an inspired vision for the future. To use the past without using it to repeat oneself—that is our responsibility to ourselves. It means being true to ourselves, which means being true to our history. This enables us to manage our lives better.

Having successfully transitioned and reintegrated into the community and listening to those who are still in the process, I say that freedom requires us to make choices based upon the present, not the past. Although the process takes time and work, it is worthwhile to write a new, more constructive history. Self-empowerment inspires the individual in a way that no outside entity can match. One's thoughts about change have produced beneficial results.

Behind every frustration is an unfulfilled wish. We can amplify misery by believing, "No one is going to hire me," or, "Due to my felonious record, I'm fated to be aberrated, so I might as well do what I always did because it is all I know." Such internal messages are the

very seeds that give rise to issues of entitlement because the consequences for poor choices translate into what someone or some organization has not done or will not do.

This is significant and an especially pivotal point for those who choose abstinence from addictive behaviors as well as criminal and self-defeating thinking. SMART Recovery® moves one through managing one's life in a way that celebrates recovery of the whole self while recovering from participating in the process of irrational thinking. It is an unlearning of what leads this population in particular to places they really do not wish to be, keeps them longer than they were willing to stay and most assuredly costs more than they were willing to pay.

At the very core of SMART Recovery® is the encouraging factor that we are indeed our own best resource and when that is resonated through our thoughts, feelings and actions it is highly likely that the very best will come to us because we have empowered ourselves to live a balanced and healthy lifestyle. This epiphany allows us to realize that the point of power is in the present and we do have the authority to bring our vision of the future for ourselves into the present as opposed to what we think someone says or thinks about us.

Positively Speaking: The number 1 reason why people don't already have what they want is that have learned not to let themselves want what they don't think they can have.

***SMART Recovery® relies on volunteer labor and donations. Please be generous with your time and money!***

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