



President's Letter

Ending Recoveryism

Racism, dogmatism, and sexism are judgments that one race, set of beliefs, or sex is superior. I am introducing the term "Recoveryism," a term I am introducing here, is the judgment that one approach to recovery is superior.

Recoveryism often gets even more extreme: there is only ONE way to recover. Any other "approach" is just pseudo-recovery. Individuals who try these pseudo-recoveries will not recover until they finally seek the one true way.

A recent example of recoveryism is found in James Frey's book, *A Million Little Pieces*. He describes his two-month stay in residential treatment, and the intense hours just before and after that experience.

This book has been on the bestseller's list, and it is an Oprah's Book Club selection. Given the information about the age, prestige, and location of the facility (see especially page 7), it is reasonable to suppose that he attended Hazelden. On page 409, a counselor handed him his aftercare plan.

As Mr. Frey glanced at it he realized, "It is filled with AA literature and schedules of AA meetings." He had told staff members many times, "I don't believe in the Twelve Steps. I don't believe in God or any form of higher power. I refuse to turn my life and my will over to anything or anyone, much less something I don't believe in." Nevertheless, the counselor who gave him his aftercare plan said it was as it was, "Because you won't stay sober without AA...because it is the only thing that works."

Pages 151, 166, 222, 230, 291, 333, 345, and 377 of *A Million Little Pieces* reveal other poignant examples of how the staff attempted to brainwash Mr. Frey, and how he held on to his own view about his behavior and what needed to

be done about it. Unfortunately, few people are likely to have the self-confidence and tenacity of Mr. Frey, who pursued his own approach to recovery throughout the narrative, including the dramatic final sequence.

For many American clients, treatment is a mixed experience, and for some it is clearly more detrimental than helpful. In

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The SMART Recovery® 4-Point ProgramSM

The 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)

no other arena of healthcare is there anything approaching the lack of client choice, as there is in addiction care.

I've written to Hazelden to see whether at present they would permit a counselor on their staff to make the kinds of statements Mr. Frey reported in his book. Regardless of their answer, my professional experience suggests that most American treatment centers would respond similarly to Mr. Frey.

There are likely other examples of recoveryism involving other approaches to recovery. We need to be careful in SMART Recovery® not to engage in recoveryism ourselves. It can be quite acceptable, however, to suggest that for specific individuals one approach is probably better than some others. We know very little about how to find the best (or at least a better) recovery approach for each individual. In practice, the course of action we are left with is allowing individuals themselves to choose their own path of recovery.

If recoveryism is to end, we need to 1) make information about the full diversity of recovery options available to all who need it (I have previously termed this "information parity"), and then 2) allow individuals a free choice among them. More precisely, we need to support individuals in crafting their own unique recovery paths. I suggest that there are as many paths to recovery as there are individuals. I think we are just beginning to discover how diverse these paths can be.

What often scares families in crisis is that they have lost confidence in their loved one's capacity to make wise choices given the recent addictive choices. However, there is no eliminating choice in recovery. If we don't allow those in need to choose their own new path, it won't be long before they are annoyed and angry, and choosing their old path.

The majority of recoveries occur outside the treatment system. These recoveries are termed "natural recoveries," because neither treatment nor a support group is attended. It is only from doing studies on large populations of individuals that natural recoveries have come to light. It is not in the treatment industry's interest to emphasize that natural recoveries occur. The industry's ads, at their most enlightened, make statements such as, "If you don't get help with us, at least get it somewhere." A more accurate ad would be, "If you are ready to make a decision to change, or need some help sticking with a decision, we may be able to help."

There is much to learn about natural recovery. It seems likely to me that we will discover a far richer diversity of recovery than we have so far imagined. I hope these discoveries help speed the end of recoveryism.

For now, we can support the end of recoveryism by stopping any effort to say what recovery *cannot* be. We need to focus instead on what recovery might be. This does not mean being so open-minded that we call failing plans or efforts "recovery." But if an approach is showing some success, rather than suggest that disaster is just around the corner, let's support what seems to be working. Such an approach seems much more constructive than recoveryism. Such an approach seems much more likely to promote the changes that are needed and to get them happening sooner rather than later. Let's just say yes to recovery.

Editor's Note: Even if there were a second, widely available choice of addiction treatment in the United States, which is not the case, there is no reason to think professionals know how to match people to the best treatment choice. We don't. Project MATCH, possibly the most sophisticated and expensive behavioral health research project

ever, offered little hope in that regard. Luckily, as part of obtaining informed consent we can openly rely on clients to make their choices. That is, if we present them with information such as the famous compilation of what works and what doesn't, as reported in Hester and Miller's Handbook of Alcoholism Treatment Choices, 3rd Edition.



SMART Progress

SMART Recovery® Annual Training Program — A Success!

SMART Recovery® held its Annual Training Program in Chicago, Friday through Sunday, October 21-23, 2005, with over 130 volunteers and professionals in attendance, including participants from the UK, Italy, Canada, and Brazil.

The event began on Friday morning with a full-day **Motivational Interviewing Workshop**, led by Dr. Linda Sobell. Those in attendance left feeling inspired to put to use the many helpful techniques shared by Dr. Sobell. One of the participants noted: "I was easily able to understand the materials presented! Dr. Sobell included the audience in her presentation. This was not a lecture. She was a wake-up call. Good job!"

Friday evening's **Welcoming Reception** featured local Chicago-area facilitator Jeffery the Great, whose combination of

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Attendees enjoyed the Friday Motivational Interviewing Workshop.

magic and humor resulted in an evening filled with laughter and awe-inspiring magic tricks. The evening also included a debut of SMART for Life[®], the new DVD produced by Jeff and the local Chicagoland volunteers, which provides a brisk and entertaining walk through the SMART Recovery[®] tool kit and program points. (See SMART for Life information on page 5.)

The Saturday and half-day Sunday **General Training Program**, designed to teach how to start and run an effective SMART Recovery[®] meeting, was once again well received. One attendee summed it up with, "I enjoyed this program because I can now offer people another **choice!**" The Sunday morning portion of the program provided "hands-on" practice of the SMART Recovery[®] tools and techniques, led by Jonathan von Breton, with LOTS of audience participation. "Jonathan did an excellent job, and provided a clear demonstration of the program tools and skills."

Saturday also featured a new program designed for individuals who have previously participated in a training program, the **Repeat Training Program**. (Yes – there are some who have attended 6 or more annual programs!) Dick Bozian, MD, reviewed medical and nutritional information as relevant to addictive behaviors. Then the group brainstormed ideas for



Don S. inspires the audience with the online report, combined with an invitation to participate.

expansion of the SMART Recovery[®] program, reviewed a number of issues that facilitators have encountered when leading a SMART Recovery[®] meeting, etc. One participant summed it up as, "This was the best training yet!"

A training highlight was the SMART Recovery[®] **Online Report**, presented by Don S., Chair, Internet Committee, describing the astounding growth in online meetings and message board posts. Online meetings, 20 per week, now regularly draw 20 to 40 participants. The Message Board, with dozen of specialized forums including a number that cater to newcomers, has over 5000 registered users. The Chat Room has volunteers available 24/7. In just 7 years SMART Recovery[®]'s online activities have grown to be a major part of the organization – and further dramatic growth is expected!

This year's training debuted the new **SMART Recovery[®] Therapy (SRT) Program**. SRT is a professional service for which a fee may be charged. SRT facilitators (treatment professionals) may employ any tool that might be used in a SMART Recovery[®] meeting, but may also employ other professional techniques with their individual clients, or in a group therapy setting. Comments included: "The practical application of the tools, and the interactive aspects of the training were great" and "The presenters were so knowledgeable and passionate that it was very easy to keep interested and to get excited about learning more."

SMART Recovery[®]'s next annual training will be in Boston, October, 2006, and San Diego, October 2007. We'll look forward to seeing you!



Members of the audience enjoyed participating in Jeffery's magic at the Welcoming Reception!



Group role play continues to be a highlight of the training programs.



Individuals who had previously attended training programs gathered for the repeat training program.



General training program participants enjoy learning.

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SMART Recovery® OnLine 7th Birthday Celebrations

SMART Recovery® OnLine (SOL) celebrated seven years of online activities on October 16, 2005. A celebration and a fundraiser was held to highlight this achievement.

There was a spectacular kick off in our LiVve voice meeting venue with 20+ members in room at 10 pm EST on the day this fundraiser began, the birthday theme added to the fun and enthusiasm! Richard and Charlie, Sam and Dan were the gracious hosts. Questor provided technical support to help anyone unfamiliar with the LiVve format prior to the kick off.

The birthday event then moved to our parachat venue where we held a 24-hour chat-a-thon! For the full 24 hours volunteers acted as hosts and co-hosts. This was the roster:

12 am EST-02 am EST
Margi & Charlies Angel

02 am EST-04 am EST
Charlies Angel & Sway

04 am EST -06 am EST
Wombat & Charlies Angel

06 am EST-08 am EST
SilverGirl & Hammer

08 am EST-10 am EST
Elmer & Floppy

10 am EST-12 pm EST
Nanaroo & Yesterdaywas

12 pm EST-02 pm EST
Marte & Renee1

02 pm EST-04 pm EST
Dee & Sway

04 pm EST-06 pm EST
Dee & Dawg

06 pm EST-08 pm EST

Entertainment portion will be a trip around the world theme for members worldwide!! Hosted by Sam29 & Dawg

08 pm EST-10 pm EST SPECIAL GUESTS!
Dan & The O'Timers

10 pm EST- 12:00am EST GRAND
FINALE JeCraw & Afrita!!!!

There were many highlights over the weekend, here are some of them.

A special anniversary slide show was put together by Hammer and Wombat. This is still available via the SOL message board. SMARTEES contributed photos, past and present, and Arby contributed the song "A River" with lyrics by Betty, as the background audio. It is a powerful piece. Thanks for all who contributed to this very special memento.

Another highlight was the special session in parachat for the "old timers." There were about 44 members at that session alone! Hosted by Dan, a great success! Sam29 hosted a "around the world" theme session, another great success!

Dawg was all the time encouraging donations. At last count about \$2750 was raised during the celebration. A special telethon was held also on Sunday, October 16th 8pm-10pm EST. A generous SMARTEE offered to match dollar for dollar up to a total of \$500 for an hour during this special telethon! Thanks!! Thanks also to our SMART Recovery® office staff who handled the phone calls and donation details!

There were many who contributed to the success of the 7th Birthday celebrations. Thanks to all who assisted in planning, the execution of the event, and by your participation, without which it would have not been the great success it was!!

DonS (BOD Member, Chair of SOL Internet Committee) summed it all up with this post on the message board:

Posted October 17, 2005 by Don S
Message Board Factotum:

"In celebration of the 7th Anniversary of SMART Online, three dozen volunteers from at least five countries came together and in a 24-hour chat-a-thon — featuring contests, matching pledges, and spontaneous auctions — raised more than enough funds to pay the costs of all our online services for a year. This whole thing is just astonishing."

All in all, we saw a great demonstration of global cooperation and of working towards common goals!!

THANK YOU,
SMART RECOVERY® ON LINE!!

On behalf of all SMARTEES
Sway, Dan and Wombat

Research Notes

By Don Phillips

The November issue of *Nature Neuroscience*, 8, 11, (2005) titled "Neurobiology of Addiction," provides an updating of basic and clinical research in the field of addiction.

From the papers, a consensus can be drawn that disturbed "executive functioning," centered in the ventral prefrontal lobes of the neocortex, is at the heart of the addictive process and of the irrational feelings and behaviors associated. It matters not whether it is cocaine, heroin, alcohol, methamphetamine, marijuana, or a behavior. There are varied inducers: neural, humoral and endocrine, and a balance of neurotransmitter responses operating as a dopamine reward system. There is a convergence of pathways from lower mesolimbic segments of the central nervous system to the upper fronto/parietal segments moving upward

and downward and back again. Human decision-making is the emergent property emanating from this convergence of emotion, memory and thought processes. Drugs distort this decision making process and it can take weeks and months for recovery to occur and for the individual to comprehend conceptual materials.

Additionally, there is a major caveat for us in that almost every investigator characterizes the addictive process as a “disease” by reason of observed pathophysiology and consequences. This is not the same as the “disease” at the core of the 12 step process that is preexistent even before any drug has been used. For us to continue to deny the existence of what comprises a disease process—a complex of recognizable pathophysiologic features, is to place us at odds with the entire scientific establishment, contrary to our professing that we are evidence-based.

The review papers decry the lack of financial support and understanding by the medical/psychological, legislative, and public sectors, of the cost of addiction. They cite the importance of featuring addiction as a treatable disease so that the message can be driven home to these sectors. Of comfort to us, is the plea to the criminal justice system to recognize the high prevalence of co-occurring disorders and the irrationality of criminal thinking that needs to be addressed and not merely the drug use.

A handful of papers address the drugs that are on the scene and being developed: naltrexone, acamprosate, topiramate, disulfiram and others. The consensus is that there is evidence for efficacy, but it is spotty and incomplete, and to achieve a response in many cases dysphoria and significant side effects intervene, or the drug is stopped. What is promising is that

genomic studies may identify select populations of people who will respond to particular drugs.

I suggest that everyone go to the website and pick the papers that interest you. I found them exciting and reinforcing of my confidence that our cognitive behavioral approach will be able to absorb new findings and move forward. (Note: during publication it was noted that the papers will not be available on the web after January 2006. For a copy of the papers, contact Don Phillips via email: daphil15@hotmail.com. Don enjoys hearing from SMARTies any time!)

Editor's Note: As Hank Robb asked in his article in this issue, “What will you be doing with your life that a dead person could not?” No matter what it is, it depends entirely upon upon your having a body made up of chemicals. No matter what it is, it changes that body and its chemicals. Are the chemicals the dog that wags the human being tails, or are the human beings the dog that wags the chemical tails? Both/and, as Albert Ellis always says, not either/or.

New Products Available from SMART Recovery®



In *SMART for Life*®, SMART Recovery®'s newest DVD film offering, you will accompany Chicago SMARTie Jeff Fredriksen on a brisk and entertaining walk

through the SMART Recovery® tool kit

and program points. On this fast-paced, 33-minute guided tour, Jeff will take you into an engaging and uplifting SMART Recovery® weekly face-to-face meeting and you will witness how SMART Recovery® principles and practices empower people to themselves overcome addictive behaviors and in the process, become SMART for Life® in the real world. \$12.99 plus shipping/handling. Group/Institution Quantity Discounts: 25–50 @ \$9.99; 51–100 @ \$8.99; 101+ @ \$7.99 plus shipping/handling.



The SMART Recovery® Meeting Toolbox contains 34 files of materials for facilitators to use in meetings,

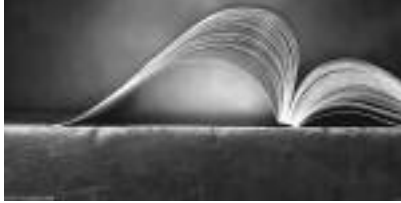
and/or to distribute to meeting attendees. The files are divided into the 4-Point Program, color-coded by point, and also contain a miscellaneous section, with items such as the Welcoming Statement. (SMART Recovery® wishes to acknowledge the New York City SMART Recovery® groups, who created this wonderful Facilitator resource!) The files are housed in a sturdy carry case with handle (with a little extra space that can be used for Handbooks or other materials you take to meetings). \$50 plus shipping/handling.

Or, BYOB (Buy Your Own Box) and obtain The SMART Recovery® Meeting Toolbox Files Only—everything noted above, minus the sturdy carry case. \$35.00 plus shipping/handling.

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Book Review



AA: Not the only way Your one stop resource guide to 12-step alternatives

Including a comprehensive directory of licensed professionals and treatment programs (Author: Venice, CA, 2005; available at www.aanottheonlyway.com)

by Melanie Solomon

Foreword by Marc F. Kern, PhD

Preface by Frederick Rotgers, PsyD, ABPP

Review by A. Thomas Horvath, President SMART Recovery®

This self-published work of 86 pages (6"x9") delivers on its promise to provide a compact, one-stop guide to alternative recovery. Prefatory material, including Table of Contents, Foreword, Preface, Introduction, and the author's personal recovery story, take 24 pages. Later in the book two pages are devoted to reviewing the scientific literature on "what works" in alcohol treatment, and four pages address the legal and ethical issues surrounding choice in addiction treatment. The remaining 56 pages cover 1) self-help groups, 2) licensed professionals, 3) treatment programs, and 4) additional resources. I was impressed by the fact that the author

included information, including programs outside the US, which was new to me. The back cover has endorsements by Stanton Peele, PhD, JD, and myself.

This book leaves no doubt that alternative recovery is thriving and poised for further growth. For the individual who needs to be enlightened about the diversity of recovery options, and needs the names, addresses and URLs to begin investigating them, this book is an excellent place to start.

SMART Ideas



Path Following or Trail Blazing?

by Hank Robb, Ph.D., ABPP

There is a story about someone walking on the beach after a big storm. Thousands, if not tens of thousands, of crabs have been left stranded on the beach. The person is

picking up crabs and throwing them back into the water. Another beach wanderer walks up and indignantly says, "What do you think you are doing? There are thousands of crabs out here. What you're doing doesn't make any difference!" The crab-thrower picks up another crab and throws it back into the ocean.

There are two endings for this story. In the first, the crab-thrower turns to the other and says, "It makes a difference to that one!" In the second, the crab-thrower says, "It makes a difference to me!" These differences show up in both the first and last points of the SMART Recovery® program.

When building and maintaining motivation to abstain, it is important to know if you are going to abstain because it is beneficial for someone else or beneficial for you. This is not an easy question to answer. To start with, abstaining from your addictive behavior may be beneficial for you AND for others. However, the fact that an action has more than one effect does not mean the action is taken because of ALL the effects it has. Yes, you are benefited, but that may be only incidental to the benefit you are intending for others. Yes, they are benefited, but that may be only incidental to the benefit you are intending for yourself. Of course, the fact

SMART Recovery® Program Tools & Techniques

The SMART Recovery® 4-Point ProgramSM 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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that both you and others benefit, rather than just you or just them, may be exactly the thing that leads you to abstain.

A second problem is that making a difference to someone else may be what's important to YOU. Yes, showing up sober at your kid's ball game does do something for your kid, and so does using the money in your pocket to pay the rent rather than to play the video poker machine down the street. But is that simply a selfless, altruistic act for someone else? Or are the results of showing up sober at your kid's game or having the money to pay the rent important to YOU? There is a big difference between being selfish and being self-interested. This is because sometimes we actually give a damn about someone or something and taking care of them or it is important to US.

I have no idea what is really important to you. And, in the end, I don't see how anybody can really know but you. I'd say that when you come across someone who claims to better know what is important to you than you do, you'd best walk away. Not that we can't kid or fool ourselves and not that other people can't see that we are doing so and point it out to us. However, in the end, no one can really make the call about what is important to us but us. Sometimes people give up addictive behaviors so they can find out what really is important to them. They have to give up the addictive behavior first because it's been drowning out that echo inside each of us, the echo that says, "This is WAY COOL" when we actually run across such a thing.

The difference between "important to that one" and "important to me" also shows up in building a balance between short- and long-term satisfactions. To paraphrase Rick Nelson, "You can't please everyone so you'd better please you." Well, what really will please you in the long run? Stopping your addictive behavior may please a lot of people and may please you as well. But building a life based on

behaviors a dead person can do isn't really that much of a life. Dead folks don't drink up, shoot up, or snort up and they don't put money down on the point spread either. What are you going to do that dead people cannot do?

And here is the reason this article has its title. People will often say someone is on the "right path" or the "wrong path." But "a path" means someone has been there before. No one has ever lived your life before. And, you haven't lived this moment of your life before either. If you turn around and look back, you will see the path you have created with your life up to now. But, if you look forward, there is no path because with each action in each moment of your life you are blazing a trail, not following a path.

What directions will be important for you in the long term? What will you be doing with your life that a dead person could not? Will you blaze your trail based on, "It's important to that one," or based on, "It's important to me"? The choice of direction in each moment of your life is yours. And, not choosing a direction is still a choice.

Managing Your Every Day Stresses and Anxieties

by Stan Popovich

Everybody deals with fear and anxiety, but sometimes they can get the best of us. In that case, here is a list of techniques you can use to help manage daily stresses and anxieties.

Sometimes, we stress ourselves out when everything happens at once. In that case, you can take a deep breathe and try to find something to do for a few minutes to get your mind off the problem. You could take a walk, listen to some music, read the newspaper or do an activity that will give you a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive

statements that make you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

In dealing with anxieties, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Sometimes, we can depress ourselves over a stressful situation. When you do so, take a few minutes to write down all of the things you are thankful for. This list could include past accomplishments and all the things that we take for granted. The next time you feel depressed, review your list and think about the good things that you have in your life.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

I know that our anxieties and stresses can be difficult to manage, however, there are many helpful resources available to us. It might take some hard work and persistence, but it is possible to find those answers in managing your anxieties.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.trebleheartbooks.com/myStanPopovich.html> For free information on managing fear please go to: <http://www.managingfear.com/>

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Editor's Note: And, I might add, Stan is not just a scholar and a gentleman, but one of reasons SMART Recovery® will someday have parity in the addiction self-help and treatment world. Keep those articles coming!

People Power



Scottish Invasion

by Fraser Ross, Member, SMART Recovery® Board of Directors

The day after I arrived home from the Chicago training program, I wearily travelled through the jetlag haze to Inverness Airport. Arriving were 3 very important visitors to boost the profile of SMART Recovery® in Scotland. Not realizing they were all on the same plane, I met Linda Sobell, Rich Dowling and Barry Grant. Linda is a member of our International Advisory Council while Rich and Barry are volunteers from New Jersey. Barry writes the "Beyond the Walls" column in News and Views.

I admired their stamina by them showing a willingness to do some shopping and then visiting Loch Ness to see if they could see the famous but elusive monster. After taking some photos at Loch Ness (unfortunately it was too cold for my mother in law to swim and provide a picture of the monster) we

headed back to Inverness. Giving in to jetlag they all fell asleep so I was temporarily relieved of my tour guide duties. Linda was so tired she slept through Rich and Barry getting out at their hotel, me doing 30 minutes shopping and then Shirley (my better half) joining us in the car. A confused Linda wondered if I had done a Jeffery the Great and changed Rich and Barry into the female sitting in the front of the car.

After a good night sleep it was the start of the serious business. Off to Aberdeen where Linda was to hold a 3-hour motivational interviewing workshop. Linda was her usual brilliant self and led us through a shortened version of her Chicago workshop. It was during this workshop that I began to question the value of REBT and not upsetting myself unhealthily. We discovered to our amazement that the Aberdeen International Conference and Exhibition Centre did not have a VCR that played American videos. Linda was getting upset at not being able to use her video and having to change her workshop at the last minute. Anni Stonebridge was getting stressed and upset at Linda getting upset. I was using my REBT and not getting upset and convinced myself that everything would be ok. Unfortunately this is when I discovered a disadvantage of being rational. Linda and Anni got more



Rich Dowling and Barry Grant

upset at me not appearing to be upset! Linda did a quick stop technique and readjusted her presentation and as I expected the day was saved, and her workshop was amazingly well received.

At the end of this workshop we travelled by car to what can only be described as heaven on earth. We pulled up outside a big Scottish castle that was all ours. Our hosts were Marcus and Sabrina Humphries

who are next door neighbours to the queen when she visits Balmoral for the summer. The house is full of letters and pictures of Macus and his lady with the royal family. Sabrina made a wonderful dinner and she and Marcus joined our party that had swelled to around 10 SMARTIES and a local police inspector. We had a wonderful formal dinner where we were all treated like royalty. My enduring memory will be big Barry Grant relaxed in a comfy armchair by the log fire in the sitting room full of antiques. I was to christen him Lord Grant from that moment. Words cannot describe the wonderful experience that we had in that castle.

The next day it was off to the main event. A Scottish Conference on Self Help and Natural Recovery. The 4 main speakers were Prof. David Clark who had attended our training in Chicago, Linda Sobell, Barry Grant and finally John Sinclair who had played with Ozzy Osborne and attended the Phoenix training. David set the scene with his findings on the issues around self help and recovery. Linda then did her excellent presentation on her work on natural recovery. Both these speakers gave good plugs for SMART Recovery®. After lunch it was Barry Grant to take the stage. What can I say, David and Linda gained the audience's interest and Barry hammered the message home in one of the best presentations I have ever heard. He had the audience in the palm of his hand. During his presentation Barry invited Rich and I up to the stage and I was presented with a check to purchase books for the prisoners in Inverness from their not-for-profit organization "Books Behind Bars and Beyond". With the audience at fever pitch and wanting SMART Recovery®, up stepped John Sinclair with his humorous style. This was exactly what was needed and the audience were roaring with laughter at his anecdotes and way of

putting over his message. John was clear to point out that his views on AA were personal and not SMART Recovery®s when he said he could not understand “the old fuddy duddies who attended AA for 30 years” just to say I still have not had a drink. At the question and answer session up went an older lady’s hand and she said “I am one of the old fuddy duddies who has attended AA for 30 years”. Poor John’s face was a picture. She did however go on to say that she loved what she heard and expressed concern that if we set up the same number of SMART Recovery® meetings in Aberdeen people would stop going to AA! What a revelation — 30 years later she discovered that there may have been another way of recovering that she would have preferred. The amazing thing about this conference was that at 4 pm on a Friday afternoon we still had well over 100 people still in the audience wanting more. That morning Anni was setting a SMART Recovery® group up all on her own. By the end of the day she had over 40 professionals offering their time to become facilitators and get a network of groups going. I must also mention SMARTIES who conducted workshops on the day. Agnes Aburrow who attended the Newark training program and works in the prison, along with Stuart Anderson a member of the Inverness SMART Recovery® group did a workshop on InsideOut™ (the SMART Recovery® program specific for correctional facilities). Barry joined in and supported them and it was well received. Anne and I decided to hold a role play in our workshop and demonstrated how a SMART Recovery® group works and we used the DISARM tool. This too was well received and generated interest in taking things



further. The selection of the speakers and the order they spoke in was the important thing in making this an amazing experience. Linda commented that we had found a winning formula.

At the end of the conference Linda, Barry, Rich and I travelled the 120 miles home to Inverness still full of excitement at what had happened. At 3 a.m. local time Linda and I were still buzzing with excitement and decided

to phone Tom Horvath. Tom was laughing at our excited ramblings and Linda said that she had never experienced an effect at a conference like we did in Aberdeen. This confirms my belief that the UK and Europe are very responsive to SMART Recovery®, and we need to put in extra effort to grow and grow.

While Linda had to go home the next day, Rich and Barry went to Edinburgh to do the tourist thing. Poor Barry, those of you who know and love him like me realise he is a man mountain, Rich made him walk so far in Edinburgh that Barry ended up walking like John Wayne after 3 days on his horse. I and the local SMART Recovery® groups are very grateful to Rich and Barry who also found time to co-facilitate 3 local groups in 5 days. One of them was in the local prison and they are still talking about Barry.

On their last full day Rich, having some Scottish blood in him, tried on a kilt. He showed his wife the photos on his return home and she said that he looked even more handsome. All of us travelled out to say goodbye to John Sinclair and see and hear his new grand piano. The highlight was John playing John Lennon’s “Imagine” and Barry providing the vocals.

So next morning it was off to the airport in the very early hours of the

morning to say goodbye to two superb ambassadors for SMART Recovery®. Their enthusiasm and professionalism combined with their love of SMART Recovery® shone through and impressed all they met. I pointed out to Rich and Barry that they have joined myself and Joe Gerstein in an “exclusive” club. People who have co-facilitated groups on both sides of the Atlantic. The invitation is open to anyone else who fancies joining what will be a growing membership as SMART Recovery® grows and blossoms. My final thanks to all who made this trip not only memorable but a “Tipping Point” for SMART Recovery® in Scotland.

A Warm Welcome to Our Newest Members of the SMART Recovery® Board of Directors!

SMART Recovery® is pleased to announce that on December 30th, 2005, two new members joined the Board of Directors. We’d like to acquaint you with each of them.



Anderson (Andy) Orr has been affiliated with SMART Recovery® since its inception, and serves as professional advisor to the Raleigh, NC group. He’s spent

the past 19 years working in substance abuse and health services, and in 1993, he established a cognitive behavioral/ REBT-based intensive outpatient program—one of the first in North Carolina. Andy continues to be dedicated to the SMART Recovery®, and he uses it in the outpatient program he established and in free aftercare via the local SMART Recovery® meeting. Andy has attended numerous SMART Recovery® training programs, and for those of you who have viewed the Facilitating a Basic SMART Recovery® Meeting video, you will recognize Andy as one of the meeting participants. Welcome, Andy!

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Don S. has been highly active with the SMART Recovery® Online community for over 5 years, serving as Message Board Administrator and, most recently, as Chair of the Internet Committee. Don has a long history of volunteering for organizations. For the past ten years he has served as the state director for the professional association with which he is affiliated, as well as chairing an accreditation committee and a subcommittee charged with reorganizing the association. In addition to the numerous hours of volunteer labor he provides to SMART Recovery®, he also enjoys volunteering as magazine editor for yet another organization for which he volunteers his time. (We can also attest to Don's public speaking skills, as he provided an outstanding overview of SMART Recovery® Online at the 2005 Training Program. (See page 3 for a photo of Don addressing the training audience.) Welcome, Don!

And, while it's neither a "farewell" nor a severing of ties, Dr. Richard (Dick) Bozian retired from his role as a member of the Board of Directors, effective December 30th, 2005. Dick plans to continue in his role as Professional Advisor for the Cincinnati, OH area SMART Recovery® meetings, and will continue to well-represent the organization at every opportunity that arises. (Dick recently made a presentation to over 400 Drug Court staff—including judges—at the recent 2005 Ohio Drug Court Practitioner Network Conference in Columbus, Ohio.) Thank you, Dick, for your years of valuable assistance on the SMART Recovery® Board of Directors, and we look forward to your continued service to the organization!



From Beyond the Walls Responsibility to Purpose through Self Management

by Barry A. Grant

The responsibility we are charged with for our individual development is awesome, particularly when we look ahead to our whole life stretching before us. I share this with all of you, the *News & Views* readers, those who may be picking up the newsletter for simply browsing and especially the few who may be perusing for flaws or some degree of non-efficacy.

Because the journey of Self Management has been consciously traveled, I have not found the realization of purpose to be as clear as when I made a recent trip to Scotland. Not only did I find a reflection of the very obstacles to recovery that exist here in the U.S., but I also found similar solutions to the challenges.

As many of you know, I have been sharing my experiences from "Beyond The Walls" for a number of years now; yet the degree of reward has not been so great as it is as I write this article. It is through Self Management And Recovery Training that I have come into my-"self" with fullness and have been able to resonate these same sentiments to those who intuitively know that choosing one's own destiny is a natural process.

My surface purpose for traveling abroad was to speak on Natural Recovery at a conference. However, what was revealed to me was the underlying concept of spreading an effective method for giving one back to oneself—again. Thanks to Fraser Ross, Annie, and Agnes of the Scottish Prison System in Inverness, I was afforded the opportunity to do just that in the desired setting.

From "Behind The Walls" to "Beyond The Walls" to now "Beyond Continental Borders," I am living proof that each of us carries the power to illuminate others. Likewise we are enlightened by others' gifts of perception. Every exchange of ideas, each expression of feeling instructs us when our restraints against new information are relinquished. Furthermore, as one who has "experienced incarceration" will tell you, it is an awesome realization that whoever and whatever engages us is purposeful, and has its place in our development at that moment. Nothing is for naught, and what we are inspired to share with another person, too, fits into his or her scheme of things. The decision to take control of our thoughts and attitudes is the turning point. When the choice is made to compliment that decision by offering positive direction to our minds, we'll quickly benefit from the advantageous outcomes that result from discovering what we knew all the time.

Positively Speaking: While the loss of an arm or a leg is most certainly be an unfortunate event, even deeper implications result from the loss of one's self, for it may pass as quietly as if it were nothing...

* A special word of thanks to Toler Hall's Deputy Director Lucille Leslie & Work Release Coordinator Sandrine Cooper of Community Education Centers (CEC). Their immeasurable encouragement and support of my endeavors in the U.S. and abroad is deeply appreciated.



News From the Courts

Suggestion to 'Take What You Need and Leave the Rest' Insufficient to Validate Inmate's Constitutional Rights

New Hampshire Federal District Court Rules

by Steve McCullough, Certified Legal Assistant

Luis Catala, an inmate in the New Hampshire State Prison System pleading pro se, alleged that he was required to participate in a twelve-step program for substance abuse, called the Substance Abuse System or "SAS," as a condition of amending his classification status. He further claims that an inmate's refusal to participate in the twelve-step program is a consideration in any decision considering whether to grant parole to a New Hampshire State Prison inmate.

Catala alleged that he received a classification authorization decision on December 20, 2004 that listed the SAS program in the section titled "Program Assignment and Recommendations." He further alleged that the SAS "is based upon a 12-step system that is reinforced by books, lectures and writing assignments." He also stated that the New Hampshire State Prison Parole Board uses an inmate's failure to participate in the SAS program as a reason to deny parole.

As was appropriate, Catala filed his first grievance with Prison Warden Cattell. He wrote that he was not sentenced to a drug or alcohol program, that he does not believe in the 12-step program used in the SAS program, and he asked that the SAS recommendation be removed from his classification status. He also expressed his view that state sponsored programs such as SAS are unconstitutional.

Warden Cattell responded as follows:

"[Y]ou do not seem to understand your situation. This is not a school for boys where you get to decide what classes you want to take. You do not have to be sentenced by a court to need to participate in a counseling program. We have professional staff whose job it is to make professional programming recommendations. It does not matter whether you like or agree with the recommendation. We are concerned with your future criminal behavior and we know that drug and alcohol abuse is a precipitator of criminal behavior. No one is going to drag you to the program, but if you chose not to attend we will ensure that it is a consideration in any custody reduction or release decision concerning you."

Catala then appealed to the Commissioner of Prisons, stating "Warden Cattell does not seem to understand that forcing me to attend and participate in a religious based program against my will constitutes coercion and a violation of my first amendment rights." He reiterated his legal challenge to the SAS program and asked that the SAS program be removed from his classification status. John Vinson, who is represented to be the Commissioner's counsel, responded to Catala's request to the Commissioner.

Vinson wrote: "If there are components of SAS that are religious in nature, you can ask the providers to be excused from that part. You will not be forced to (participate) in religious programs."

In the case of *Catala V. Commissioner*, Civil No. 05-cv-106-JD (N.H. 2005), the New Hampshire Federal District Court held:

"The Warden's response to Catala on its face is problematic and demonstrates his failure to understand the well-established First Amendment prohibition against forced attendance at religious-based programs. The defendants do not argue otherwise. Instead, they contend that because Vinson told Catala that he

could ask to be excused from any religious part of the SAS program, he was not being forced to participate in a religious-based program.

"Given Vinson's acceptance of the Warden's remarks, his response to Catala raises more questions that it answers", the Court further ruled. "For example, it is far from clear whether Catala would be excused from religious parts of the SAS program, despite asking. It is also unclear whether attending parts but not all of the program would meet the classification requirement or would provide any meaningful counseling services."

So much for 'Take what you need and leave the rest.'

Editor's Question: Absolute power strikes again!

Please note: It is extremely important for the reader to understand that this column is not intended to impart any kind of legal advice. Anyone contemplating decisions or actions based in whole or in part upon perception of his or her legal position is strongly urged to seek and follow the advice of a competent and experienced attorney.

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Happy reading!

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3-Minute REBT

Stages of Severe Anger Development

by Philip Tate, PhD

Author of *Alcohol: How To Give It Up and Be Glad You Did*, 1996, See Sharp Press, Tucson, AZ.

(Reprinted from the October 2000 *News & Views*)

In Chapter 6 of the book titled *Alcohol: How to Give It Up and Be Glad You Did*, I presented Albert Ellis's theory of addiction, which includes stages of emotional disturbance combined with drinking that may go on to contribute to the formation of addiction. In the present article, I present a similar formulation for the creation of a severely disordered manner of interpersonal relations based on anger.

Primary Disturbance

First, you make yourself angry at people by telling yourself, *People must treat me nicely and kindly, and just the way I want. When they don't, they're no damn good and should be punished.* Another Irrational Belief that creates anger is, *People should help create a rational, sensible world, one that accommodates my preferences about fairness, my biases about how people should act, and my beliefs about how the world should operate.*

Your anger may be precipitated by Low Frustration Tolerance, such as *Others must not frustrate me. I can't stand it when they do. When others frustrate me, they should be punished.*

Secondary Disturbance

You rationally notice that your anger defeats you. Then you irrationally make yourself disturbed about your anger by thinking something like, *I must not be disturbed; it makes me inferior and worthless.* You may add, *Everybody knows I'm a nut case and that makes me worthless. I don't stand a chance at gaining their approval, and I need their approval.*

With your secondary disturbance, you become more disturbed and find it more difficult to reduce your anger.

Quit Trying to Eliminate Your Anger

You try to help yourself; you fail. You get disturbed at the difficulty of change; you decide to quit trying. It's too hard to change. *I can't stand the hard work. I'd prefer to stay as I am, rather than to do the hard work of change. I'm so bad, nobody can help me.*

Excuses and Rationalizations

You make excuses and rationalizations for your behavior. Examples are: (a) *It's normal to feel this way. Anyone would get upset at the things I get upset about.* (b) *Because someone really did harm me, my anger is justified.* (c) *All I did was express my feelings. Anyone would, and those who get upset at me for this obviously have a worse problem than I do.* (d) *Others make me angry. If they wouldn't treat me so badly, I wouldn't be this way.*

Develop Social Relationships—Both Cooperative and Hostile—Based on Anger

You may encourage and teach other people to express anger at those with whom you are angry, which sometimes happens in SMART Recovery® groups. You may join hate groups and spread messages of hatred to others. You develop methods of hurting others, and you pride in yourself at the ways you develop to hurt them. You work at being "the best of the bad." You look for opportunities to hurt others. For instance, someone makes a mistake, and you pounce on him or her.

Vicious Circle

You express hatred for others; they respond by treating you badly; then you think they're out to get you, and they think the same about you. You both continue your hostilities until someone backs out of the fray.

In REBT, we believe you can greatly reduce and perhaps eliminate your anger. Your goal in doing so is to help yourself as well as others by having greater tolerance of others and greater acceptance of their behavior.

Featured Quote of this Issue

"What are you going to do that dead people cannot do?"

Hank Robb, PhD, ABPP

**"Nothing is for naught."
Barry A Grant**

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