

SMART Recovery: An Alternative to Twelve Step

Presented by
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Edmond Counseling and Professional Development

EdmondCounseling.com



Oklahoma Counseling Institute

CounselingInstitute.org

SmartEdmond.com

SmartRecovery.org

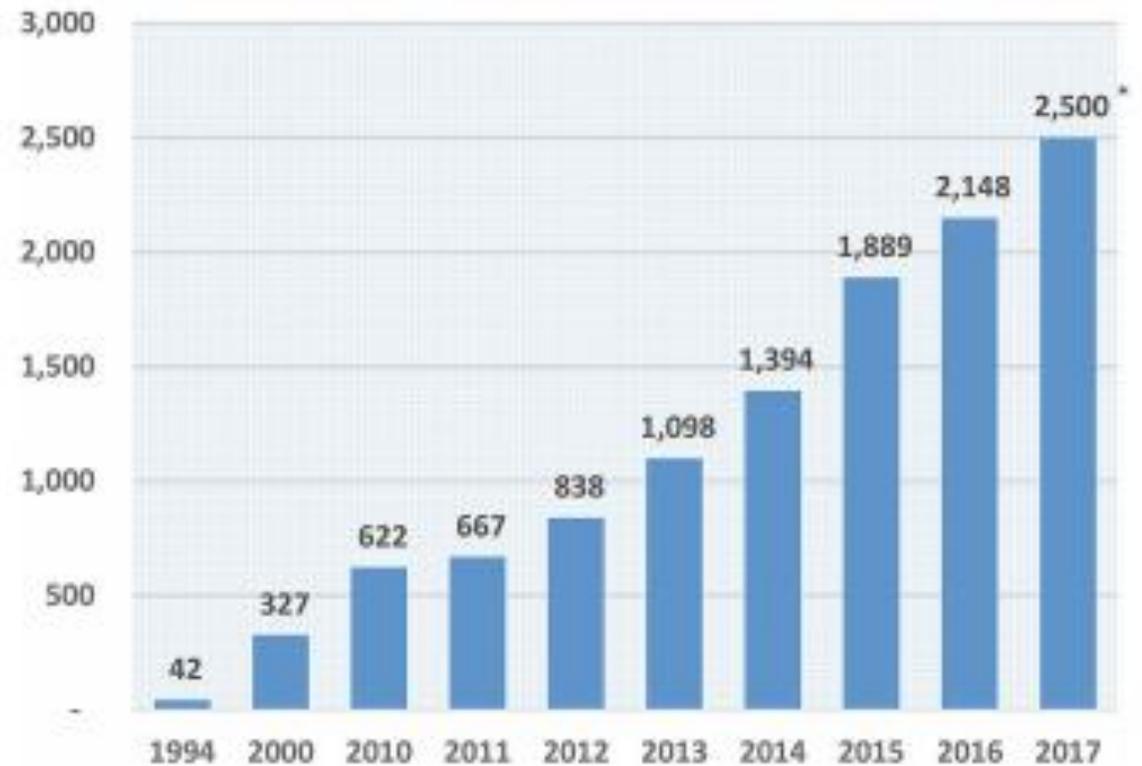
S.M.A.R.T. Recovery

- Started in 1994 by board members of Rational Recovery
 - Rational Recovery started in 1986 by Jack Trimpey, a California Licensed Clinical Social Worker.
 - Rational Recovery reported 42 nation-wide meetings in 1994.
 - Rational Recovery stopped all meetings January 1, 1999.

S.M.A.R.T. Recovery

- SMART Recovery has 2,700 weekly meetings in 24 countries- These include 1,780 in North America

SMART Meeting Growth Since Founding





How is S.M.A.R.T. Recovery Different

- Does not require a belief in a “Higher Power”
- Discourages the use of labels such as “Alcoholic” or “Addict”
- Encourages cross talk
- Does not utilize steps
- Does not discourage use of prescribed medications to aid in recovery
- Is not based on tradition

Not “Steps” but... The Four Points

- Building and maintaining motivation
- Coping with urges
- Managing thoughts, feelings, and actions
- Living a balanced lifestyle

Stages of change (Prochaska and DiClemente)

Precontemplation – At this stage, the participant may not realize that they have a problem.

Contemplation – The participant evaluates the advantages and disadvantages of the addiction.

Preparation – The participant decides to pursue personal change.

Action – The participant seeks out new ways of handling their addiction behavior.

Maintenance –The participant's behavior has been changed and now seeks to maintain their gains.

Graduation/Exit – Once a participant has sustained a long period of change, they may choose to move on with their lives and "graduate" from SMART Recovery

How is S.M.A.R.T. Recovery Different

A person in any stage of change is welcome

Cognitive Behavior Therapy

Rational Emotive Behavior Therapy

Albert Ellis

Motivational
Interviewing

Cost- Benefit Analysis

Valuing the client while having
a spirit of ambivalence about
the behavior

Acceptance

Commitment Therapy

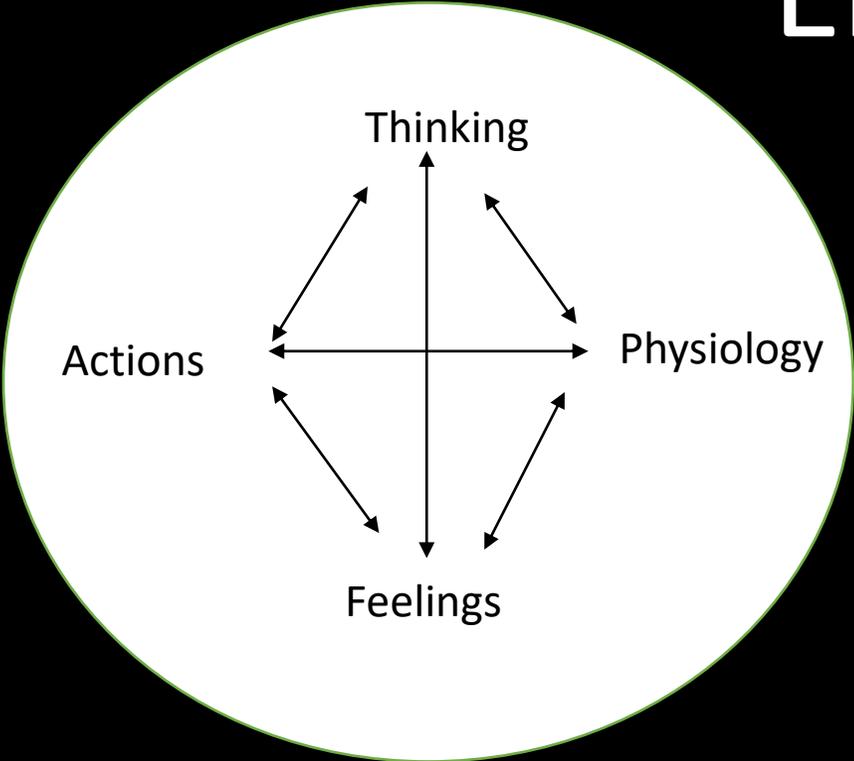
Identification and Pursuit
of one's Values

Mindfulness Techniques

Being with one's emotions

The Five Factor Model

Environment



Tool	Point 1: Building and Maintaining Motivation	Point 2: Coping with Urges	Point 3: Managing Thoughts, Feelings, and Behaviors	Point 4: Living a Balanced Life
Cost Benefit Analysis (CBA)	X			
Hierarchy of Values (HOV)	X			
Priority List	X			X
Change Plan Worksheet	X			X
The 3 Questions	X		X	X
Brainstorming	X	X	X	X
Role Playing		X	X	
DEADS		X		
HALT the BADS		X		
DISARM		X	X	
DIBs (Disputing Irrational Beliefs)		X	X	
ABCs	X	X	X	X
Lifestyle Balance Pie				X
5 Things to Consider		X	X	X
Anger Management	X		X	X
Relaxation Techniques	X	X	X	X



Cost- Benefits Analysis



FOUR QUESTIONS ABOUT MY ADDICTION*

A COST/BENEFIT EXERCISE¹

<p>What do I enjoy about my addiction? What does it do for me? (be specific)</p>	<p>What do I think I will like about giving up my addiction? What good things might happen when I stop my addiction?</p>
<p>What do I hate about my addiction? What bad things does it do to me and to others? (give specific examples)</p>	<p>What do I think I won't like about giving up my addiction? What am I going to hate, dread or dislike about living without my addiction?</p>

***Alcohol *Drugs *Gambling *Food *Sex * _____**

Urge Log





SMART tool: The urge log

Date	Time	Intensity	How long?	What prompted?	How did I manage it?
27/6	8:00 pm	Strong	10 minutes	Friend rang and invited me out for a drink	Said I was having an early night – watched a movie, went to bed

ABC Model



ABC Model



A-

**Activating
Event,
Adversity**



B-

Belief



C-

Consequence

Emotional
Consequence

Behavioral
Consequence



D-

**Dispute
(Challenge
the Belief)**

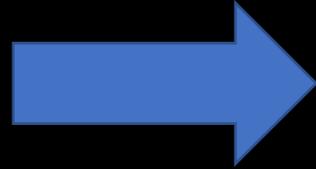


E-

**Effective
New
Philosophy,
Feeling,
Behavior**

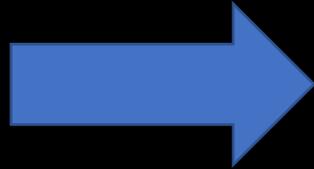
ABC Model

Self Helping Beliefs



Health Feelings and Actions

Self Defeating Beliefs



Unhealthy Feelings and Actions



Self Defeating Beliefs

- Inaccurate Assumptions
- Rigid Demands- MUSTS, SHOULD, HAVE Tos
- Awefulizing- 100% Bad, a Catastrophe
- Low Frustration Tolerance- I Can't Survive It
- Conditional Self and Other Acceptance- I'm Worthless, Others are Worthless



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- Accurate Inferences
- Flexible Preferences
- Anti-Awefulizing Beliefs
- High Frustration Tolerance
- Unconditional Self and Other Acceptance

Self Helping
Beliefs

- Accurate Inferences
- Flexible Preferences- accept what I cannot control.
- Anti-Awefulizing Beliefs- Bad, but not a catastrophe.
- High Frustration Tolerance- I can survive this. Remember what I have survived before. How have others survived?
- Unconditional Self and Other Acceptance- Rate actions not people.





Engrain the
New Self Helping
Belief

D.I.S.A.R.M
(Destructive
Imagery and
Self-talk
Awareness
and Refusal
Method)



Mindfulness Techniques



- Mindfulness Meditation
- Visualization
- Progressive Muscle Relaxation

Facilitator Training

- “self-study” portion to take approximately 28 hours to complete, which is done at your own pace and at any time convenient to you.
- Two “live” online training meetings.
 - The first meeting consists of multiple role play scenarios and exercises presented for discussion and the application of the SMART Recovery tools and techniques.
 - The second meeting is a Q&A and discussion session with members of the training.

Inside Out

Friends and Family





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