SMART Recovery is Science Based

We recognize the “bio-psycho-social” model of understanding addiction. Our methods and tools are derived mostly from a **psychological understanding of addiction and behaviour change**. Our tools and methods are consistent with current neuroscience research. SMART supports the scientifically informed use of prescribed psychiatric and addiction medication as well as psychological treatments.

4-Point Program- Heart of SMART

1-Building & Maintaining Motivation

2- Coping with Urges

3-Managing Thoughts, Feelings, Behaviours

4-Living a Balanced Life

Dr. Albert Ellis’ REBT

Many tools derived from CBT

-deal effectively with urges

-manage everyday distresses

Different than other approaches

-Companion to professional therapy

-Tools/methods augment/reinforce **common therapeutic principles**

-No labels (used to have a problem..)

-No powerlessness (self-empowering)

-No War Stories (not productive)

-Lapses are viewed as a normal

SMART F&F is Science Based

Through CRAFT, CSOs

-improve the quality of their lives

-**influence** LO to reduce use

-**influence** LO to pursue recovery

-deal with LO compassionately rather than with hostility or avoidance

GYLOS and Beyond Addiction

-Stop fixing

-Take control of own life and relationship with LO

-**Identify LO’s triggers** for acting out

-**Map new behavioural patterns**

-Recognize when a situation becomes dangerous & create a rapid exit plan

-Encourage LO into professional treatment

-Support LO’s recovery

-New techniques for old problems

Dr. Albert Ellis’ REBT

Many tools derived from CBT

-calm emotions/think rationally

-improve own responses to LO

Different than other approaches

-Companion to professional therapy

-Tools/methods augment/reinforce **common therapeutic principles**

-No negative labels (LO and CSO)

-No powerlessness (self-empowering)

-No Victim Statements

-Lapses (CSO’s and LO’s) are normal

SMART-Self Management and Recovery Training

REBT-Rational Emotive Behaviour Therapy

CBT- Cognitive Behaviour Therapy

ABC- Activating Event, Belief or Perception, Consequence

F & F – Family & Friends

CRAFT- Community Reinforcement Approach and Family Training

CSO – Concerned Significant Other

LO – Loved One (who is struggling with addictive behaviour)

GYLOS – Get Your Loved One Sober

*Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening*

Robert J. Meyers, Ph.D. and Brenda L. Wolfe, Ph. D.

*Beyond Addiction: How Science and Kindness Help People Change*

Jeffrey Foote, Ph.D., Carrie Wilkens, Ph.D., Nicole Kosanke, Ph. D. with Stephanie Higgs

**If you would like more information:**

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**SMART Recovery ™ Web Page (general info and facilitator training)**

[**www.smartrecovery.org**](http://www.smartrecovery.org)

**SMART Recovery ™ British Columbia Web Page (for meeting info)**

[**www.smartrecoverybc.ca**](http://www.smartrecoverybc.ca)