

# S.M.A.R.T. Recovery: An Alternative to AA

Presented by  
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Edmond Counseling and Professional Development

[EdmondCounseling.com](http://EdmondCounseling.com)



Oklahoma Counseling Institute

[CounselingInstitute.org](http://CounselingInstitute.org)

[SmartEdmond.com](http://SmartEdmond.com)

[SmartRecovery.org](http://SmartRecovery.org)

# S.M.A.R.T. Recovery

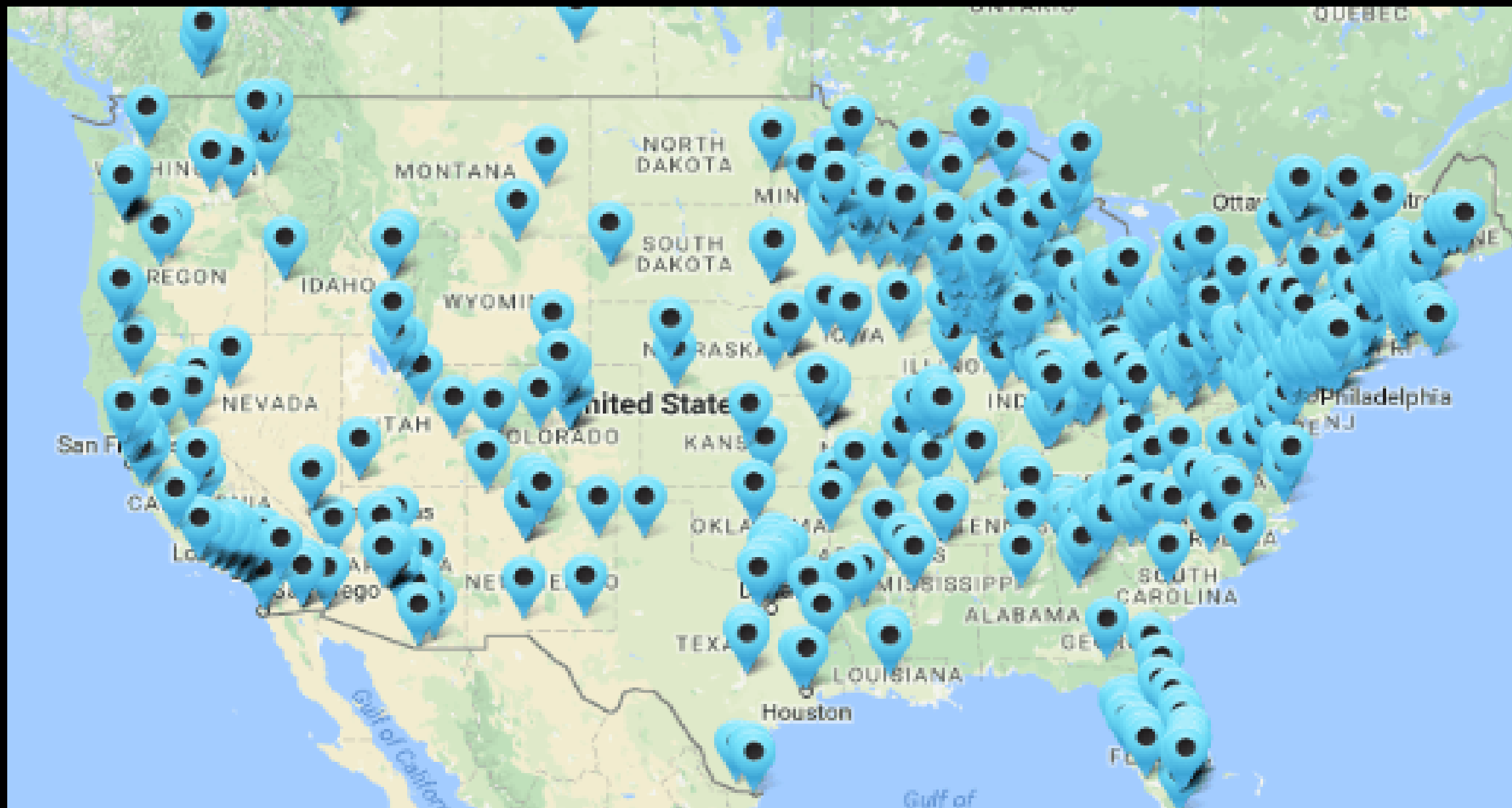
- SMART- Self Management and Recovery Training
- Started in 1994 by board members of Rational Recovery
  - Rational Recovery started in 1986 by Jack Trimpey, a California Licensed Clinical Social Worker.
  - Rational Recovery reported 42 nation-wide meetings in 1994.
  - Rational Recovery stopped all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

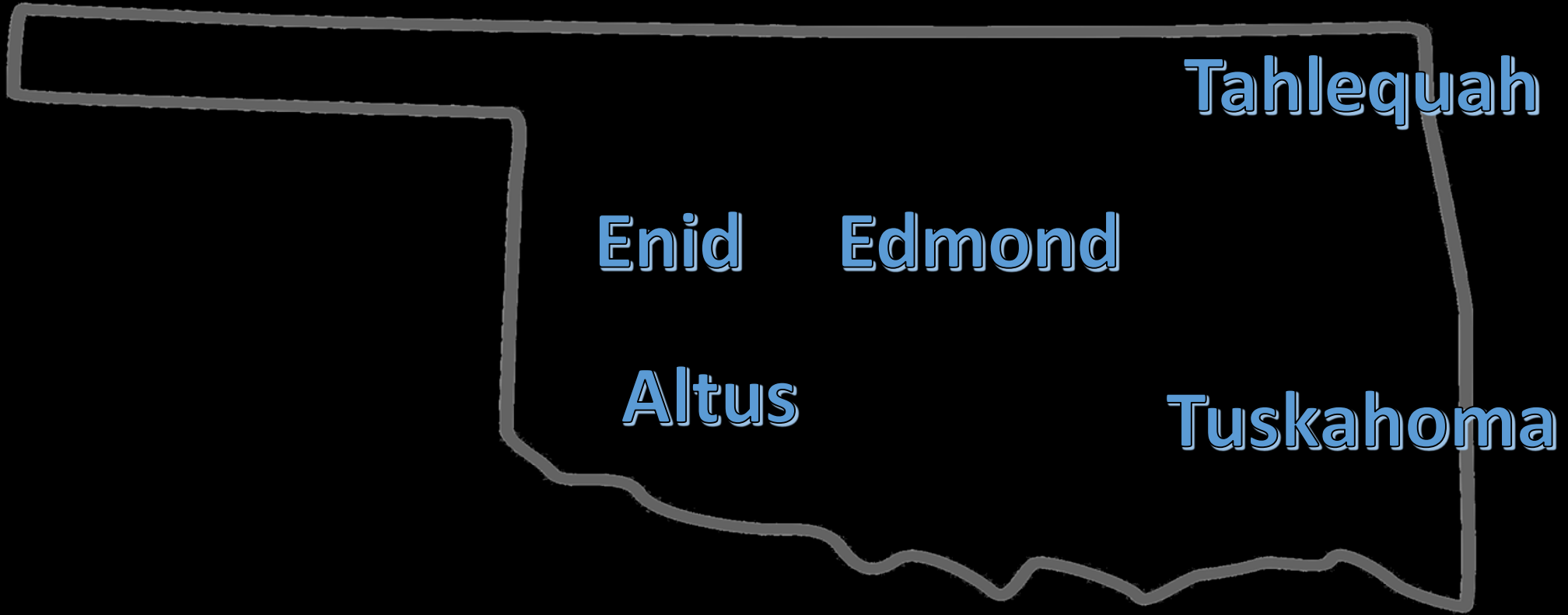
# S.M.A.R.T. Recovery

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- SMART Recovery has 3,000 weekly meetings in 32 countries- These include 1,800 in the U.S. and Canada







Tahlequah

Enid Edmond

Altus

Tuskahoma



# 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
- Supports harm reduction
- Does not require abstinence from all substances
- Is not based on tradition



# 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 change.

**Preparation** – The participant decides to pursue personal change.

**Action** – The participant implements new ways of managing thoughts, feelings, and actions that contributed to substance use/ addictive behavior.

**Maintenance** –The participant has found and regularly practices new ways of coping. Participant works to maintain gains.

**Graduation/Exit** – Once a participant has sustained a long period of change, they may choose to "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

# Not “Steps” but...

## The Four Points

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

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







# Hierarchy of Values



# Cost- Benefits Analysis





# FOUR QUESTIONS ABOUT MY ADDICTION\*

## A COST/BENEFIT EXERCISE<sup>1</sup>

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

# Activity Scheduling





31

7

8

9

10

11

12

13

14

1

7

8

9

10

11

12

13

14

15

16

2

7

8

9

10

11

12

13

14

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



# ABC Model





# ABC Model



**A-**

**Activating  
Event,  
Adversity**



**B-**

**Belief**



**C-**

**Consequence**

Emotional  
Consequence

Behavioral  
Consequence



**D-**

**Dispute  
(Challenge  
the Belief)**



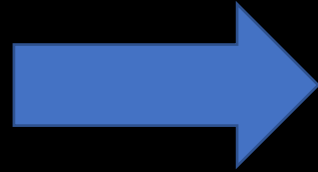
**E-**

**Effective  
New  
Philosophy,  
Feeling,  
Behavior**



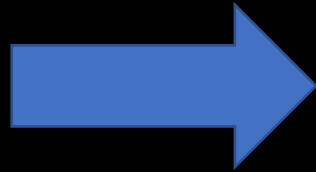
# ABC Model

Self Helping Beliefs



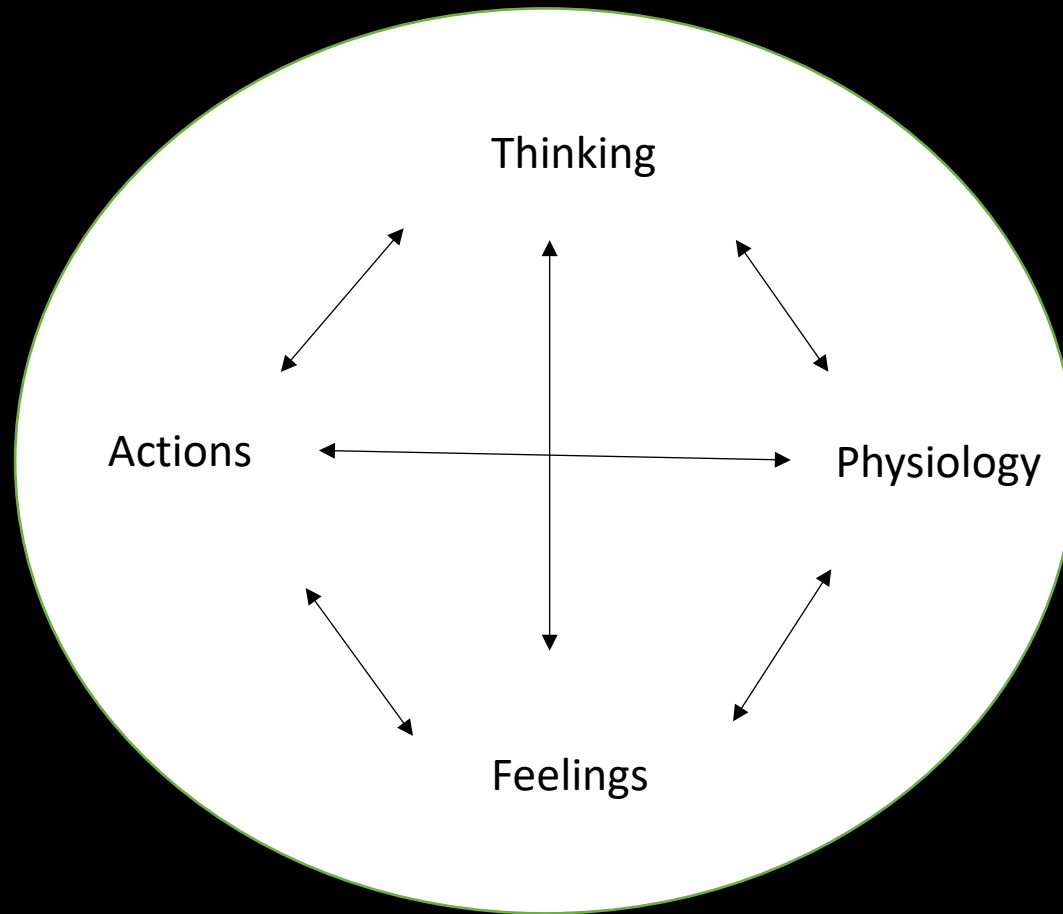
Health Feelings and Actions

Self Defeating Beliefs



Unhealthy Feelings and Actions

# The Five Factor Model



# Environment





# 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.





A close-up, side-profile shot of a person's hand writing in a notebook. The person is wearing a dark jacket and a ring on their finger. The background is a bright, out-of-focus sunset or sunrise with warm golden light and bokeh effects. A dark circular overlay is positioned on the right side of the image, containing the text.

Engrain the  
New Self Helping  
Belief

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# Mindfulness Techniques



- Mindfulness Meditation
- Visualization
- Progressive Muscle Relaxation

# Inside Out

# Friends and Family

# 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.







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