

S.M.A.R.T. Recovery

Presented by
Micah Perkins, M.S., LPC, LADC



Edmond Counseling and Professional Development

EdmondCounseling.com



Oklahoma Counseling Institute

OklahomaCounselingInstitute.org

SmartEdmond.com

SmartRecovery.org

History of S.M.A.R.T. Recovery
Principles and Techniques
Ethical Considerations

Secular Organizations for Sobriety/
Saving Our Selves (S.O.S.)

Life Ring

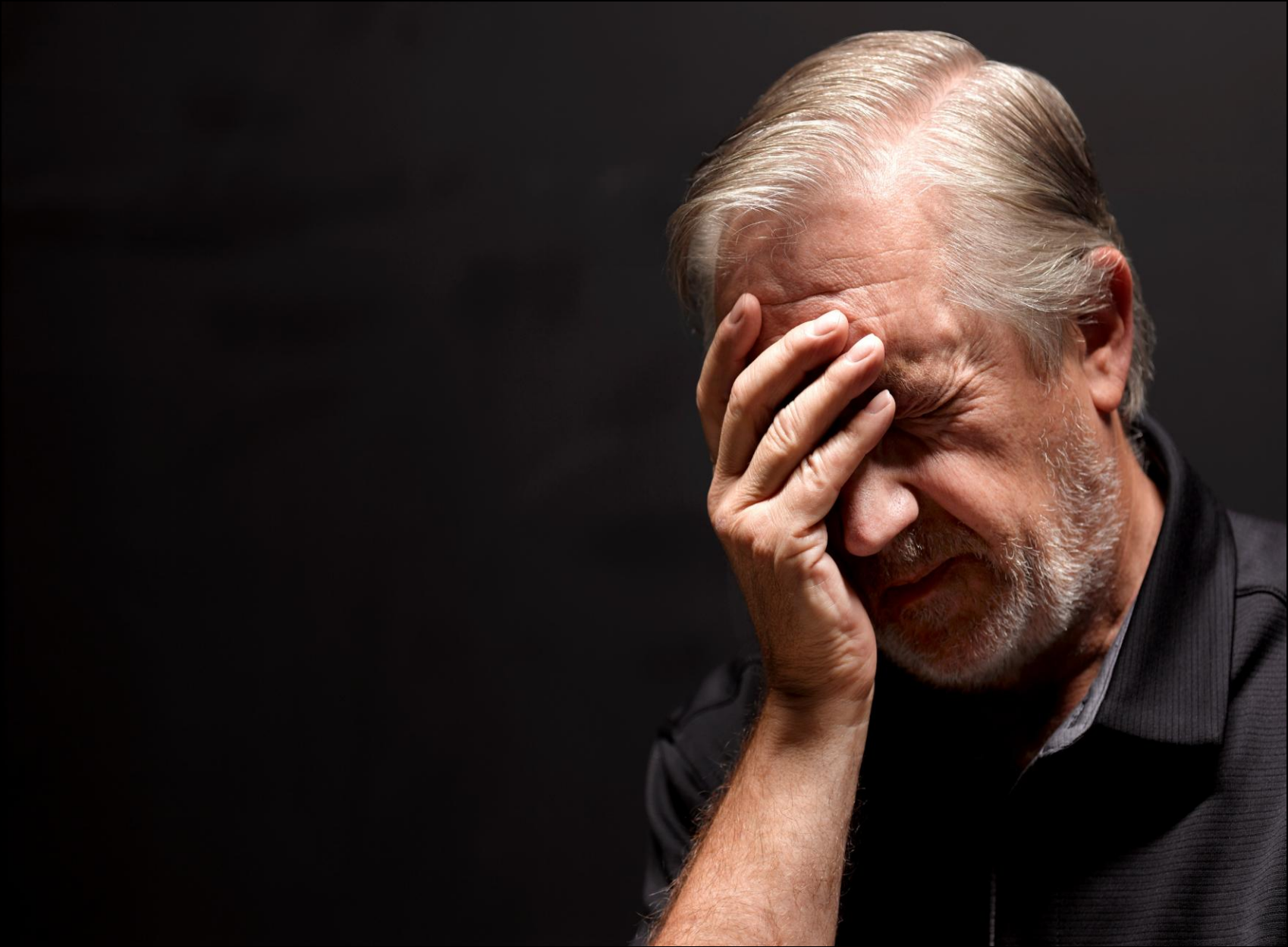
Alcoholics Anonymous

Narcotics Anonymous

Celebrate Recovery

Women For Sobriety

Recovery Dharma

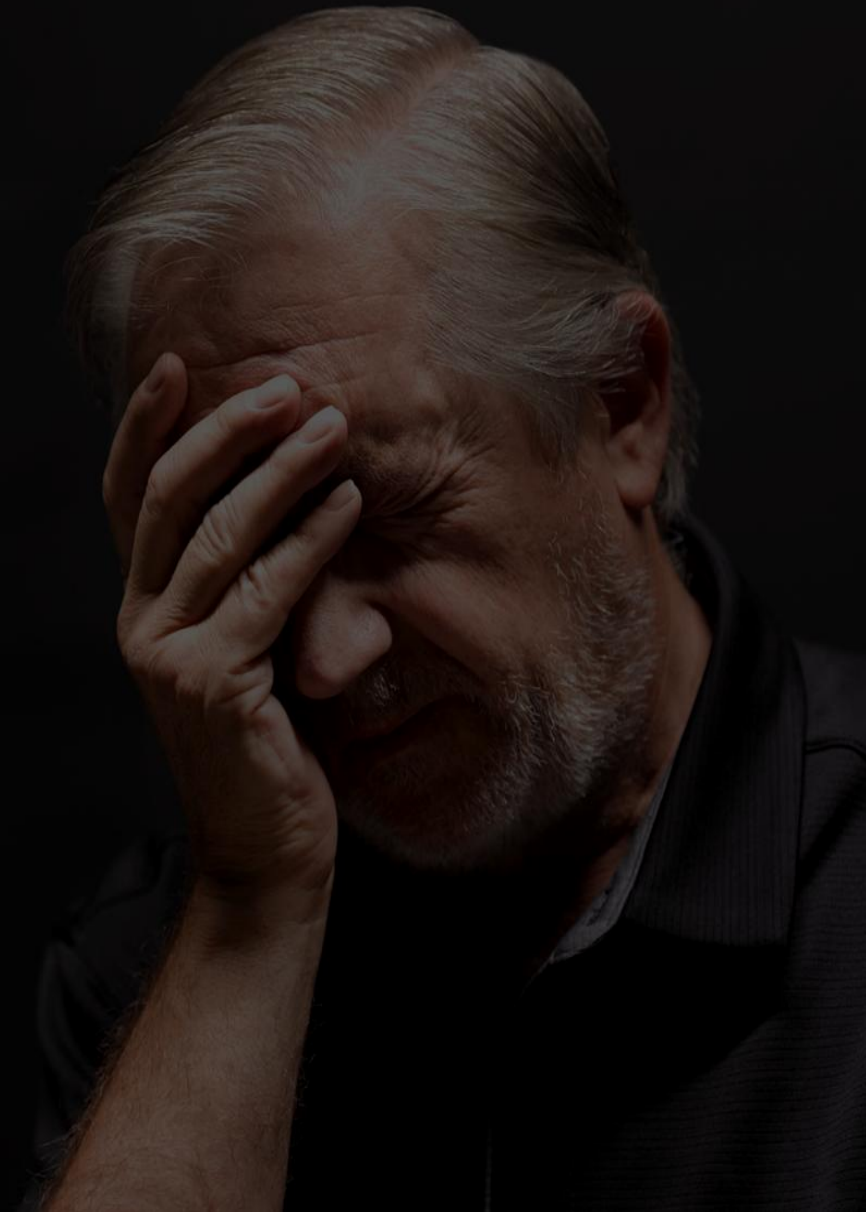


“If you are serious about getting sober, then you HAVE to attend a support group”

Approx 50% of those who struggle with alcohol abuse gain sobriety without any intervention

Soweid L, Gilbert PA, Maharjan G, Holdefer PJ, Evans S, Mulia N. "Everybody needs to find the best path for them": Insights into recovery strategies of people who have not used specialty treatment for alcohol use disorder. *Alcohol Clin Exp Res (Hoboken)*. 2024 Apr;48(4):743-754. doi: 10.1111/acer.15287. Epub 2024 Mar 24. PMID: 38522024; PMCID: PMC12879724.

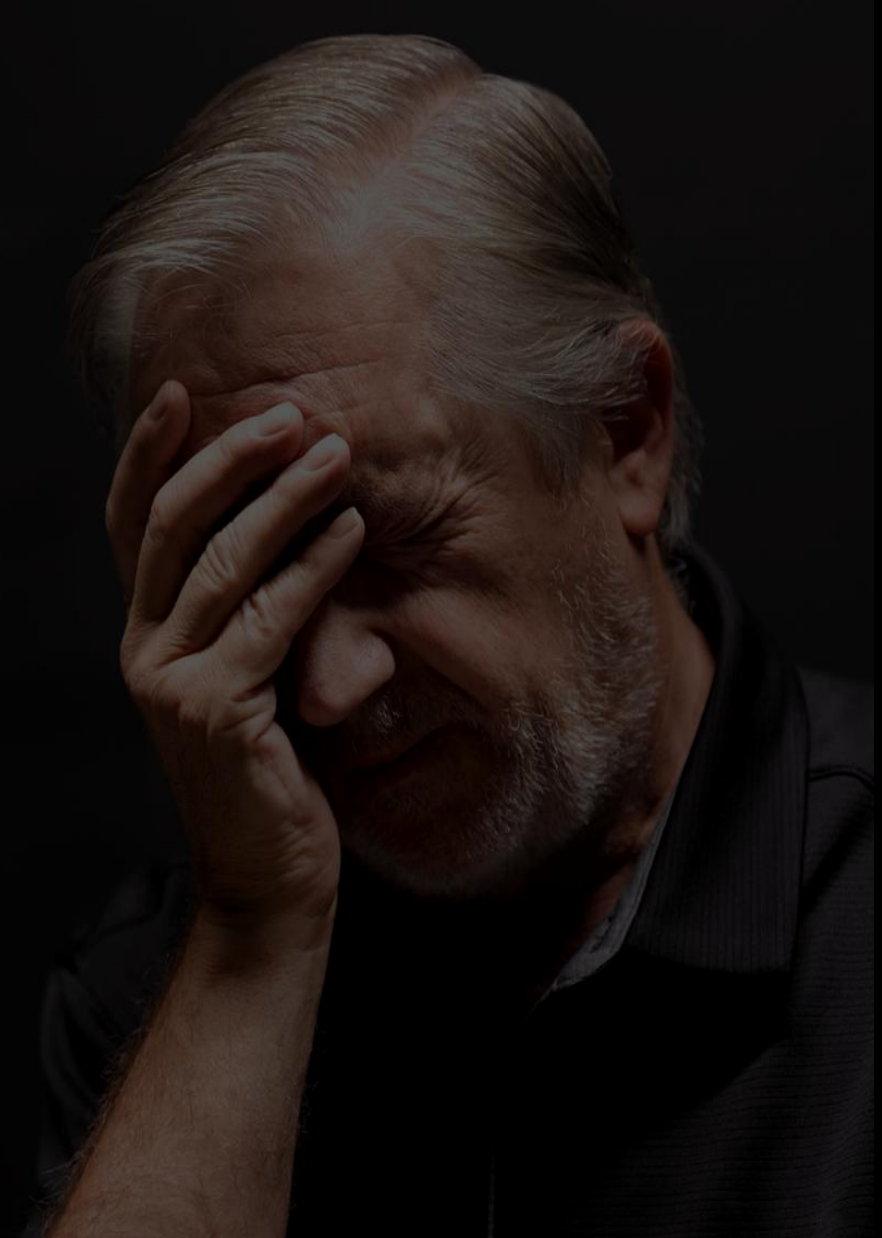
Day E, Manitsa I, Farley A, Kelly JF. The UK National Recovery Survey: nationally representative survey of people overcoming a drug or alcohol problem. *BJPsych Open*. 2024 Mar 14;10(2):e67. doi: 10.1192/bjo.2023.654. PMID: 38482691; PMCID: PMC10951842.



“...you HAVE to go to (AA,
S.M.A.R.T, Celebrate Recovery,
ect)”

No difference

Zemore SE, Lui C, Mericle A, Hemberg J, Kaskutas LA. A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD. J Subst Abuse Treat. 2018 May;88:18-26. doi: 10.1016/j.jsat.2018.02.004. Epub 2018 Feb 17. PMID: 29606223; PMCID: PMC5884451.

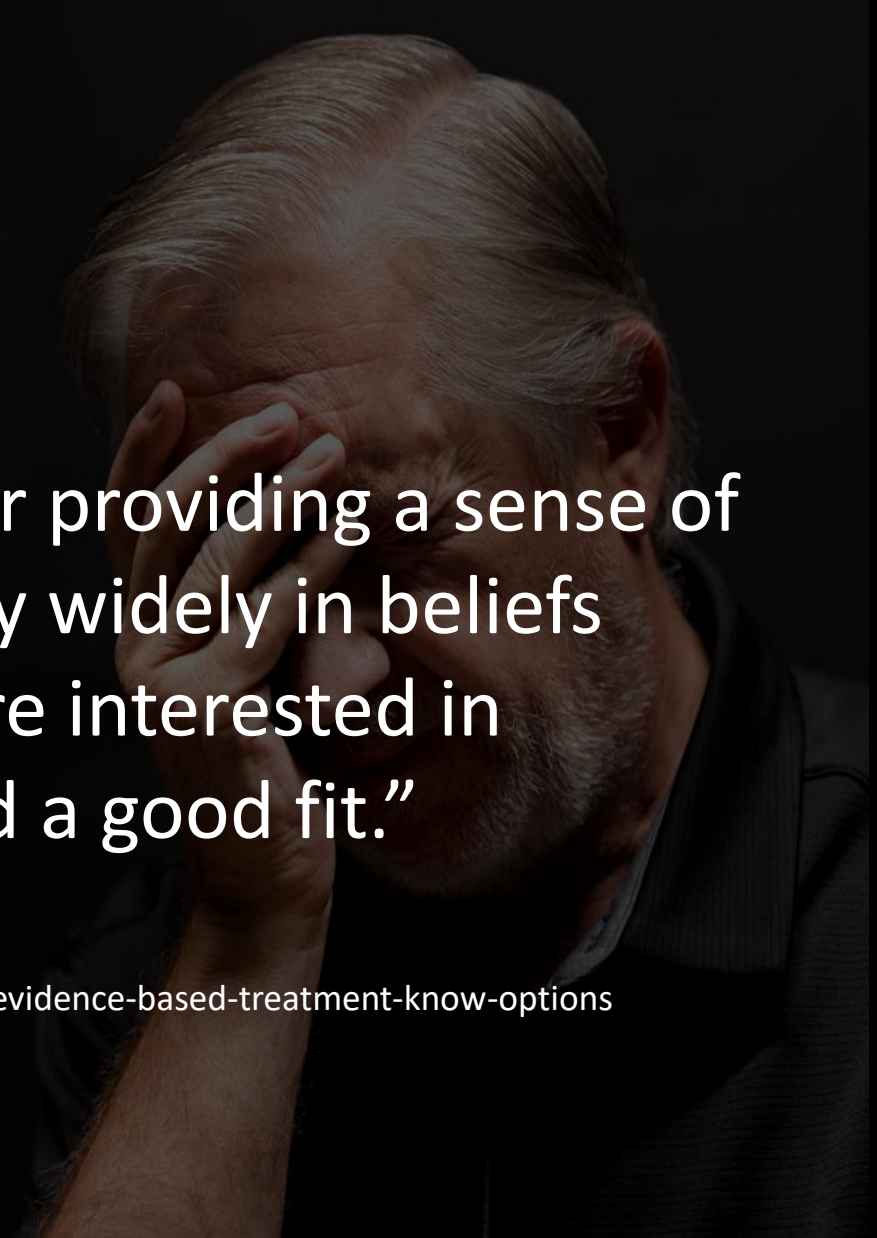


“...you HAVE to go to (AA, S.M.A.R.T, Celebrate Recovery, ect)”

National Institute on Alcohol Abuse and Alcoholism

“Mutual support groups may be beneficial for providing a sense of community for those in recovery. Groups vary widely in beliefs and demographics, so advise patients who are interested in joining a group to try different options to find a good fit.”

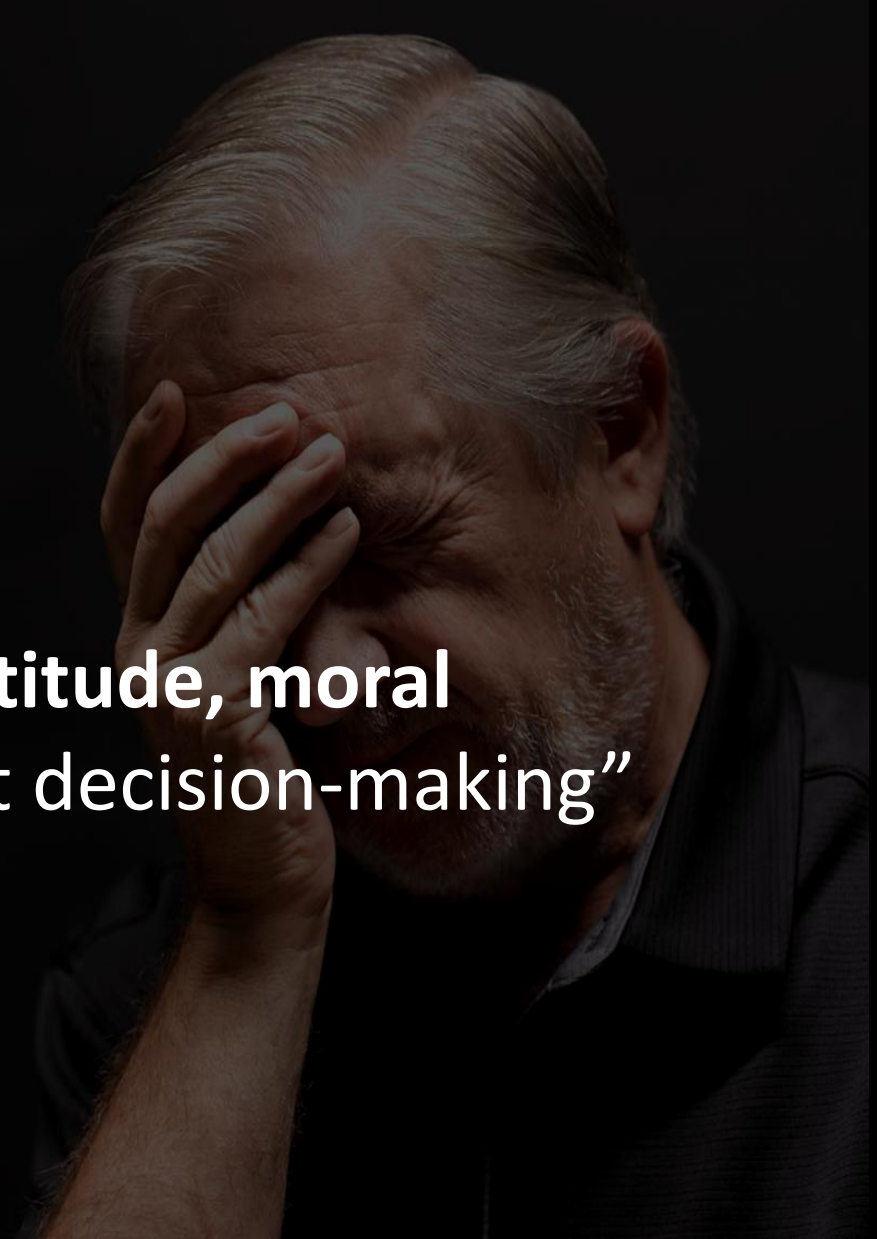
<https://www.niaaa.nih.gov/health-professionals-communities/core-resource-on-alcohol/recommend-evidence-based-treatment-know-options>



“...you HAVE to go to (AA,
S.M.A.R.T, Celebrate Recovery,
ect)”

Oklahoma LPC Regulations

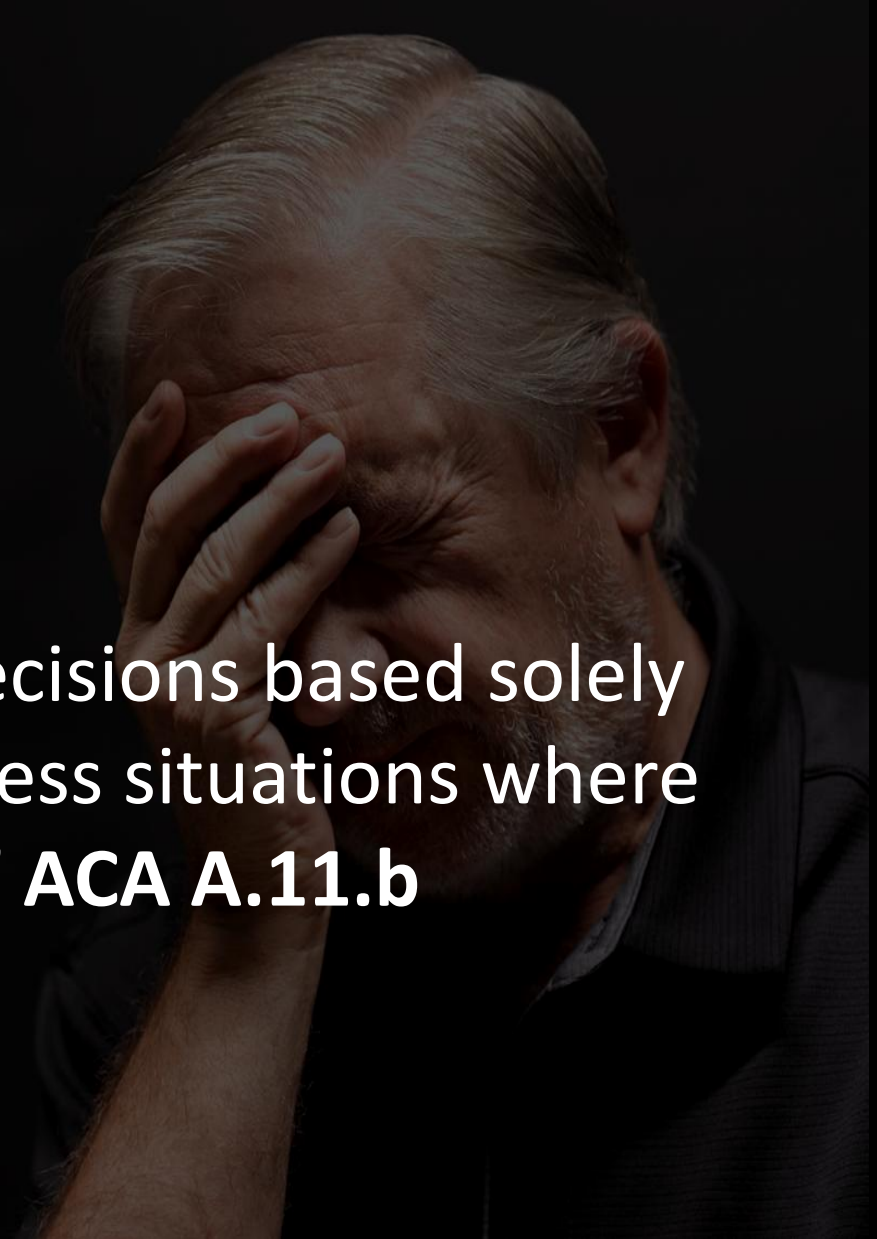
“The LPC cannot allow a **bias, disposition, attitude, moral
persuasion** to prevent appropriate treatment decision-making”
OAC 86:10-3-2(f)



“...you HAVE to go to (AA,
S.M.A.R.T, Celebrate Recovery,
ect)”

American Counseling Association Code of Ethics, 2014

“Counselors should not make professional decisions based solely upon personally held values and should address situations where they risk **imposing their values onto clients.**” **ACA A.11.b**



“...you HAVE to go to (AA,
S.M.A.R.T, Celebrate Recovery,
ect)”

...but what about court ordered participation by judges

<https://smartrecovery.org/court-cases>





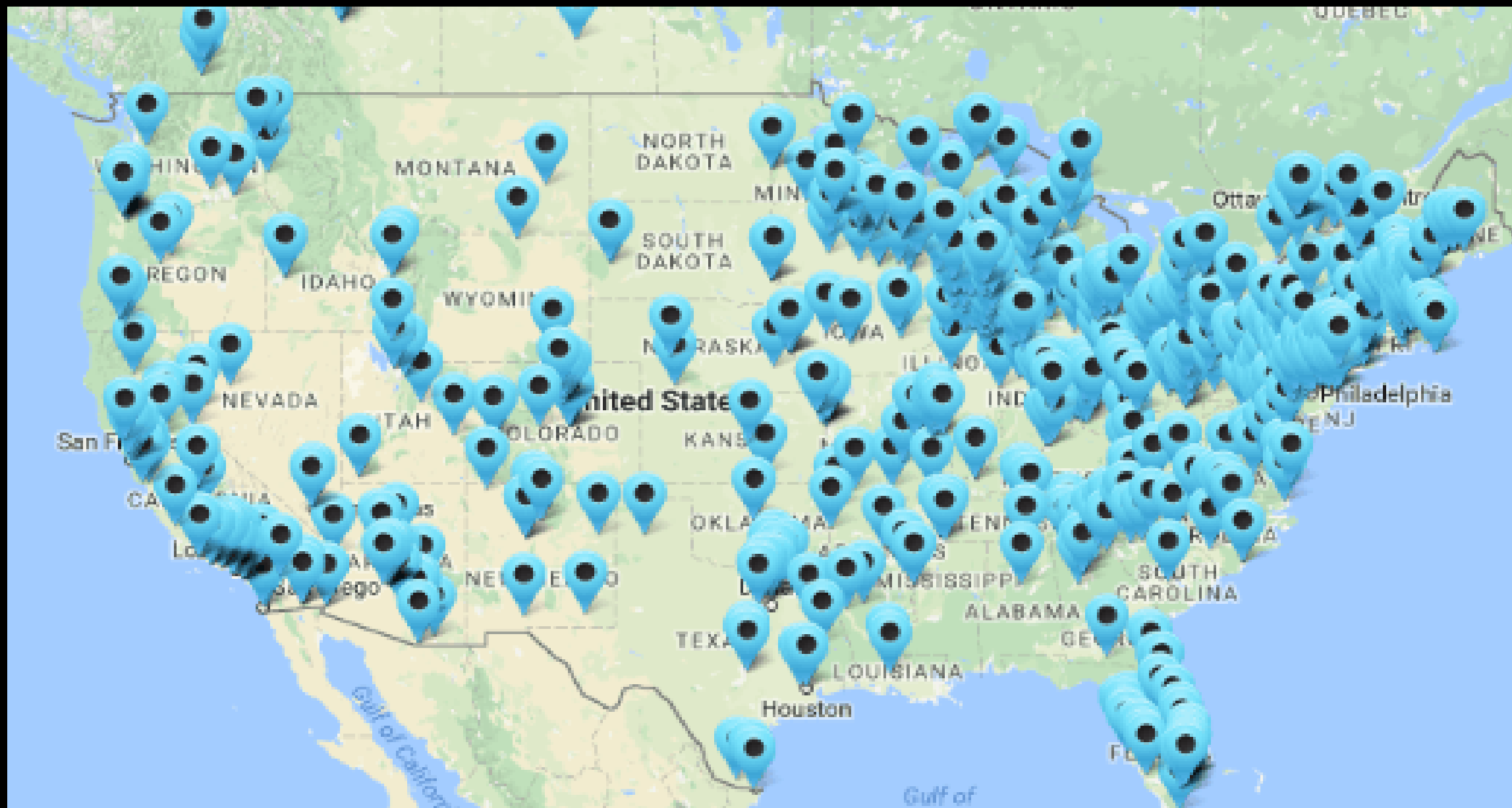
S.M.A.R.T. Recovery

- 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

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







Tulsa

Tahlequah

Edmond

Oklahoma City

Enid

Altus

Tuskahoma



SmartRecovery.org

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.

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

S.M.A.R.T. Concepts and Techniques

ABC Model

Activity Planning

Cost-Benefit Analysis

Challenging Beliefs

Change Plan

Communicating Feelings and Needs

D.E.N.T.S.

D.I.S.A.R.M.

Exchange Vocabulary

Five Questions

Goal Setting

Hula Hoop

Identifying Triggers

Journaling

Lifestyle Balance Pie

Problem Solving

Rating the Activity

Role Playing

Setting Healthy Boundaries

Sitting with the Emotion

Surfing the Urge

Urge Log

Unconditional Self Acceptance

Unconditional Other Acceptance

Unconditional Life Acceptance

Vital Absorbing Creative Interests

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

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



Resources

SmartRecovery.org> Explore Resources

Worksheets

Handbook

YouTube Videos

App



Inside Out

Family and Friends

Facilitator Training

- Self-study portion to take approximately 28 hours to complete, which is done at your own pace.
- 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.

How are the roles of facilitator and counselor different?

Facilitator + Counselor = Dual Relationship

Dual Relationship

- means a familial, social, financial, business, professional, close personal, sexual or other non-therapeutic relationship with a client, or engaging in any activity with another person that interferes or conflicts with the LPC's or LPC Candidate's professional obligation to a client.

If the dual relationship cannot be prevented or eliminated and the LPC cannot readily refer the client to another counselor then the counselor will:

- (1) Fully disclose the circumstances of the dual relationship to the client and secure the client's written consent to continue providing counseling;
- (2) Consult with the other professional(s) to understand the potential impairment to the LPC's professional judgment and the risk of harm to the client of continuing the dual relationship.





Edmond Counseling and Professional Development

EdmondCounseling.com



Oklahoma Counseling Institute

CounselingInstitute.org

SmartEdmond.com

SmartRecovery.org

[Hello@EdmondCounseling.com](mailto>Hello@EdmondCounseling.com)