

TRAINING OPPORTUNITY

The North West Drug and Alcohol Task Force are in a position to offer training in SMART Recovery. SMART Recovery delivers evidence informed peer led community meetings to assist those who want to change their problematic behaviours including addiction to drugs, alcohol, gambling etc. to achieve recovery and live a balanced and satisfying life.

To become a SMART Recovery facilitator is quite straightforward, it will involve initial online training, followed by facilitator skills training and a commitment to ongoing upskilling and reflective practice.

The online training takes approximately 25 hours to successfully complete. This training will give you a basic understanding of the meeting structure and how the tools are used in SMART Recovery. This will be followed up with further training to equip you with basic facilitation skills, practical demonstrations to allow you the opportunity to practice the facilitation skills in a safe place with the support of your peers in a realistic situation. As part of the training you will receive ongoing support to address any issues that you may encounter.

The training programme is broken down as follows:

SMART Recovery Ireland facilitators training is a four-stage process.

1. Expression of interest to SMART Recovery.
2. Complete the online modules with SMART Recovery with code. (approx. 25 hours).
3. Complete 4 online face to face training session (each 2.5 hr duration).
4. Register as a SMART Recovery facilitator, register your meeting, and engage in scheduled reflective practise for SMART Recovery facilitators.

If you are interested in the SMART Recovery training or just wish to know more please contact training@smartrecovery.ie for further details. **The cut-off date for confirmation of training attendance is Monday the 21st of December 2020.**

What is the SMART Recovery Programme?

SMART stands for Self-Management and Recovery Training. The SMART Recovery programme aims to help individuals who want to change their problematic behaviour, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and other addictive behaviours, achieve recovery, live a balanced lifestyle and lead meaningful and satisfying lives.

SMART Recovery uses tools and techniques that are derived from science based psychological interventions, including Rational Emotive Behaviour Therapy (REBT), Cognitive Behavioural Therapy

(CBT), Motivational Interviewing (MI) and Transtheoretical Model of Change (TTM). SMART Recovery is based around a 4-point programme. The 4-Point Programme is the foundation and building blocks of SMART. Many of the tools and techniques can be used not only for the individual's recovery journey, but to help them deal with future problems and achieve more satisfaction and balance in their life.

The four points are: –

- Building and Maintaining Motivation
- Coping with Urges
- Managing Thoughts, Feelings and Behaviours
- Living a Balanced Life

What makes SMART different?

What makes SMART Recovery different is the evidence informed peer led community meetings which provide a welcoming and non-judgemental space. These meetings are structured, focusing on the important work of recovery, are led by trained facilitators and empower participants to explore the SMART Recovery tools and programme with the support and challenge of others.

SMART is secular and advocates personal choice. People make a choice to engage in problematic and addictive behaviours. They can also make a choice to stop. Everyone has the power of choice and can choose to change unhelpful or harmful behaviours.

People are not their behaviours so language like 'addict' and 'alcoholic' is not used. People seeking recovery are empowered to choose what works best for them, from a 'toolbox' of methods demonstrated in meetings and training materials.

Participants are free to engage with other services or mutual-aid groups which they find helpful; there is no single pathway to recovery. Once a healthy, positive and balanced lifestyle is achieved, participants are free to move on and pursue other goals in their life.

For more information contact training@smartrecovery.ie or call the National Coordinator on 087 349 0780