

TRAINING AGENDA

SMART Recovery Professional Training – Live Online

A NOTE ON TIMING

Each live session includes a morning break, a lunch break and an afternoon break, taken at natural points in the flow of the training.

PRE-WORK – SELF-PACED, BEFORE SESSION 1

Welcome video · “What is SMART Recovery?” self-paced module

DAY ONE WHAT IS SMART RECOVERY?

Welcome and Introductions

- Training overview
- Training agreements
- Participant introductions

What is SMART Recovery?

- Values, principles and position statements
- What makes SMART Recovery unique
- Meeting structure and flow
- Facilitator/trainer-led SMART Recovery meeting

The Science Behind SMART Recovery

- Cognitive-behavioral models of change
- System 1 and System 2 thinking
- The Stages of Change

The SMART Recovery 4-Point Program®

- Introduction to the 4 Points
- The SMART Recovery tools
- How the 4 Points and tools relate to the Stages of Change

Reflection and Questions

- Group discussion
- Questions for reflection

CLOSE OF DAY ONE

DAY TWO FACILITATING MEETINGS

Review and Welcome

- Welcome back
- Review activity

Principles, Ethics and Inclusion

- Principles for SMART Recovery volunteers
- Code of Conduct
- Harm reduction

Facilitation Skills

- Motivational Interviewing (MI) fundamentals
- Common facilitation skills and frequent challenges
- Identifying group dynamics and patterns

Practice and Reflection

- Practice scenarios and role plays
- Simulated SMART Recovery meeting
- Self-reflection questions
- Feedback and peer learning

Next Steps

- Staying connected and receiving ongoing support

Closing, Final Review and Certificates

- Final review activity
- Answers to outstanding questions
- Celebrating completion of the training

LEARNING OBJECTIVES

SMART Recovery Professional Training – Live Online

By the end of this training, participants will be able to:

- 1 Explain SMART Recovery's five core values – Empowerment, Equity, Inclusion, Integrity and Accountability – and how they shape facilitator behavior and meeting culture.
- 2 Apply the SMART Recovery 4-Point Program® and its tools with both individuals and small groups, not just full facilitated meetings, identifying which of the 4 Points and Stages of Change each tool relates to most closely.
- 3 Explain the basic structure and flow of a SMART Recovery meeting, including its main components and the facilitator's role at each stage.
- 4 Define the "spirit of Motivational Interviewing (MI)" and describe how its principles are applied within SMART Recovery meetings.
- 5 Identify at least two core facilitator skills that support participation, collaboration and participant empowerment.
- 6 Locate the resources and supports available to SMART Recovery volunteers, and know where to go for further guidance or assistance.

**EMPOWERMENT · EQUITY · INCLUSION · INTEGRITY ·
ACCOUNTABILITY**

The five values that shape every SMART Recovery training and meeting.



Do I need to attend both days?

Yes. This course is designed as a connected two-part series Friday, October 2 and Friday, October 9 and full attendance at both live sessions is required to receive your certificate and CE credit.

How do I receive my CE certificate?

Once you've attended both live sessions and completed the course evaluation, your certificate for 13 NAADAC-approved CEs will be issued automatically in LearnWorlds — no separate request needed.

Who is this training for?

This training is designed for therapists, counselors, peer support specialists, and other recovery professionals — as well as SMART Recovery facilitators who want to learn more about SMART Recovery and strengthen their facilitation skills.

What is the cancellation policy?

Refunds are available up to 14 days prior to the training. After that point, we're happy to issue a credit to be used toward a future session.

Are sessions recorded?

Yes. Live sessions are recorded, and the recording is available for 14 days after the training ends so you can catch up on anything you missed or review what you learned.

What happens if I miss part of the training?

If you miss part of a session, you can catch up using the session recording, which is available for 14 days after the training ends. You'll still need to complete both sessions (live or via recording) and the course evaluation to receive your certificate and CE credit.

Do I need prior SMART Recovery experience?

No prior SMART Recovery experience is required. The self-paced pre-work covers the basics of the program before you arrive at your first live session, so you'll be ready to participate fully.

I have a large group — do you offer private training?

Yes, both live online via Zoom and in-person at your location. Email support@smartrecovery.org and our training team will be in touch to discuss scheduling a private cohort for your organization.

What payment options are available?

How you pay depends on who you're enrolling. Whichever applies to you, our team will help you get set up.

Enrolling yourself?

Pay by credit card as you register — nothing else to arrange.

Enrolling someone else?

We'll send you a link to cover their registration by credit card, along with an enrollment code they can use to register. Email support@smartrecovery.org to get started.

Enrolling a small group?

We'll set up registrations for your whole team by credit card and send you enrollment codes to share. Email support@smartrecovery.org and we'll coordinate the details.

Prefer to pay by check?

Payment by check is welcome. Email support@smartrecovery.org and our team will send everything you need to complete your registration.