



GSF 200: MEETING HOST TRAINING

Course Syllabus & Outline

When completing this entry-level meeting host training, you'll be authorized to start and host a new SMART Recovery discussion meeting in your area. In this training, you'll gain the needed skills to recognize and ask for topics to discuss, be able to identify and apply a SMART tool relevant to the topic, and provide questions based on the SMART Recovery tools. You'll also learn how to get a new SMART Recovery discussion meeting started and underway.

GETTING STARTED

- REVIEW THE MATERIALS
 - Course Syllabus & Outline
- COURSE “CHECK-IN”
 - Welcome & Introductions

SEGMENT 1: INTRODUCTION TO SMART RECOVERY

- REVIEW THE MATERIALS
 - Introduction to SMART Recovery
 - Purposes & Methods
 - The Guiding Principles of SMART Recovery
 - General Principles of SMART Recovery Meetings
 - The Code of Conduct for SMART Recovery Volunteers
 - How SMART Differs from Other Recovery Groups
 - Position Statements
 - Donations to SMART Recovery

SEGMENT 2: WHAT HAPPENS AT SMART MEETINGS?

- REVIEW THE MATERIALS
 - What Happens at a SMART Recovery Meeting?
 - Additional Meeting Basics
 - Avoiding the Expert Trap
 - Typical Problems: Some DO's, DON'Ts and MAYBE's

SEGMENT 3: SMART RECOVERY DISCUSSION MEETINGS

- REVIEW THE MATERIALS
 - Hosting a SMART Discussion Meeting
 - Checklist: What to Bring
 - Meeting Handout
 - Hosted Meeting Script
 - Hosted Meeting Discussion Exercises
 - Meeting Feedback Form

SEGMENT 4: THE SMART RECOVERY TOOLS

- REVIEW THE MATERIALS
 - The Stages of Change as a SMART Recovery Tool
 - Matching the Tools with the Stages of Change
 - Tool #1: Change Plan Worksheet
 - Tool #2: Cost/Benefit Analysis (CBA)
 - Tool #3: ABC of REBT #1 (Urge Coping)
 - Tool #4: ABC of REBT #2 (Emotional Upsets)
 - Tool #5: DISARM
 - Tool #6: Brainstorming
 - Tool #7: Role Playing
 - Tool #8: Unconditional Self-Acceptance (USA)
 - Tool #9: Hierarchy of Values (HOV)
 - Tool #10: Lifestyle Balance Pie (LBP)
 - Tool #11: VACI
 - Presenting the Tools in a New Meeting

- Presenting the Tools in a New Meeting Handouts (8 files)

SEGMENT 5: GETTING YOUR SMART RECOVERY MEETING UNDERWAY

- REVIEW THE MATERIALS
 - Finding a Meeting Location
 - Publicizing Your Meeting
 - Other Things to Consider
 - Expenses and Record Keeping

SEGMENT 6: SELF-CHECK QUESTIONNAIRE

- COMPLETE THE QUIZ
 - Self-check questionnaire

SEGMENT 7: FAST FORWARD

- REVIEW THE MATERIALS
 - Ongoing Training & Support
 - Regional and Local Coordinators
 - Find your Regional Coordinator
 - SMART Recovery Quick Start Manual
 - Certificate of Completion
- REGISTER WITH SAMRT RECOVERY
 - Volunteer/Meeting Registration Form (VRF)

SEGMENT 8: TRAINING EVALUATION

- COMPLETE THE TRAINING EVALUATION FORM
 - Training Evaluation Form