

SMART RECOVERY Tools & Techniques

The SMART Recovery 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addictive behaviours.

Participants are encouraged to learn how to use these tools and techniques as they progress toward achieving a healthy life balance.



www.smartrecoveryaustralia.com.au

SMART RECOVERY

For more information about
SMART Recovery's 4 point program,
visit our website:

www.smartrecoveryaustralia.com.au

FREE 24 Hour Support Service

ADIS - Alcohol & Drug Information Service

NSW - 02 9361 8000 / 1 800 422 599

ACT - 6207 9977

VIC - 1 800 888 236

QLD - 07 3837 5989

WA - 08 9442 5000

SA - 08 8363 8618

NT - 1 800 131 350 (NT only)

There Is a SMART Recovery Program Near You

CONTACT DETAILS :

*Are you worried about
your drug or alcohol use,
or any other addictions?*

*Do you want to
regain control of your life?*

Have you tried ...

SMART RECOVERY

SELF MANAGEMENT AND
RECOVERY TRAINING

www.smartrecoveryaustralia.com.au

SMART Recovery teaches practical tools and techniques to help improve your lifestyle

What is SMART RECOVERY

S.M.A.R.T. - *Self Management and Recovery Training* - is a self-help group that assists you recover from all addictive behaviours including alcohol & drugs, gambling, food, shopping, etc.).

SMART Recovery teaches practical skills to help you deal with your problems enabling you to abstain and achieve a healthy lifestyle balance.



We acknowledge the traditional land owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service.

SMART RECOVERY'S 4-point program

The SMART Recovery program is based upon Cognitive Behavioural Therapy tools (CBT). That is, we work on changing faulty thinking in order to change behaviours.

Psychologist Albert Ellis pioneered Rational Emotive Behaviour Therapy (REBT), a type of CBT which suggests thinking can create your feelings and leads you to act. By managing the beliefs and emotions that lead you to engage in addictive behaviours you can empower yourself to change.

Key components of the program

The SMART Recovery program is made up of 4 key components:

- 1 Enhancing and maintaining motivation
- 2 Coping with cravings
- 3 Problem solving
- 4 Lifestyle balance

For more information about the 4 point program, visit our website:

