



TRAINING LEARNING OUTCOMES OVERVIEW





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Get SMARTer

Choosing the right SMART Recovery Course for you

Delivery culturally and contextually relevant programs for key communities in Australia

SMART Recovery Australia's training programs equip frontline workers, peer facilitators with practical, evidence-based tools to support individuals managing addictive behaviours.

Grounded in cognitive behavioural therapy and motivational interviewing, our training strengthens capability across the health, justice, and community sectors.

Our programs continued to develop with specialised training modules for

- Online Standard
- Online Premium Live
- In-Person
- Youth
- Inside Out (Justice)
- Family and Friends
- Yarn SMART
- Professional Development

Delivered in partnership with government, health services and community organisations, our training fosters self-empowerment, behaviour change, and improved wellbeing outcomes—ensuring individuals and communities are supported in ways that are inclusive, effective, and responsive to diverse needs.





SMART
Recovery

TRAINING OUTCOMES



ONLINE STANDARD (OST) FACILITATOR TRAINING OUTCOMES

The Online Premium Facilitator Training incorporates theoretical outcomes from a four modules e-learning package along with extensive hands-on practice and coaching in a 3-hour practical online session.

E-learning modules participants will learn-

The Online Standard Facilitator Training includes the theoretical learning outcomes from the four modules, complemented by hands-on practice and coaching sessions guided by a national trainer in a three-hour practical online setting.

Learning Outcomes Summary

Participants will learn to:

- Articulate the fundamental principles of the SMART philosophy, including the four-point harm minimisation program.
- Observe video examples and identify best practices for meeting facilitation that promote effective collaboration.
- Understand the integration of Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) within the SMART framework.
- Explain the relevance of the Stages of Change model to SMART strategies and practices.
- Recognise and utilise tools available in the SMART program, understanding their advantages and applications.
- Develop facilitation skills related to managing group dynamics and challenging interactions.
- Engage in observational learning through video scenarios and real-life examples to enhance practical skills.

Practical Session Learning Outcomes

During the practical sessions, participants will learn to:

- Utilise effective meeting facilitation techniques, exploring the importance of format and structure.
- Apply CBT and MI within the context of SMART.
- Use the Stages of Change model to inform practices.
- Familiarise themselves with SMART tools.
- Manage the facilitator's role and address conflicts effectively.
- Engage in experiential learning through observation of real-world examples.

ONLINE PREMIUM LIVE (OPL) FACILITATOR TRAINING OUTCOMES

The Online Premium Facilitator Training incorporates theoretical outcomes from a four modules e-learning package along with extensive hands-on practice and coaching in a 10-hour practical online session.

Learning Outcomes Summary

Participants will learn to:

- Articulate the fundamental principles of the SMART philosophy, including the four-point harm minimisation program.
- Observe video examples and identify best practices for effective meeting facilitation.
- Understand how CBT and MI are integrated within the SMART framework.
- Explain the significance of the Stages of Change model in SMART practices.
- Identify tools within the SMART program and apply them effectively in group settings.
- Recognise the key responsibilities of a facilitator, including managing group dynamics.
- Engage in observational learning through videos and group examples.

Practical Session Learning Outcomes

During the practical sessions, participants will learn to:

- Facilitate meetings effectively by using best practices for format and structure.
- Integrate CBT and MI within SMART framework applications.
- Utilise the Stages of Change model to guide practices.
- Familiarise themselves with SMART tools and their applications.
- Develop conflict management skills for facilitation.
- Enhance understanding through observational learning.

IN-PERSON FACILITATOR TRAINING OUTCOMES

The in-person facilitator training encompasses not only the theoretical learning outcomes from the 4 modules but also incorporates hands-on practice and coaching sessions led by a national trainer through a 2 day in-person sessions.

Learning Outcomes Summary

The In-Person Facilitator Training combines the theoretical learning with hands-on practice and coaching led by a national trainer over two days of in-person sessions.



Participants will learn to:



Articulate the fundamental principles of the SMART philosophy, including the four-point harm minimisation program.



Observe video examples and identify best practices for facilitating meetings effectively.



Understand the integration of CBT and MI within the SMART framework.



Explain the relevance of the Stages of Change model to SMART strategies.



Familiarise themselves with various tools utilised in the SMART program.



Develop facilitator skills for managing group dynamics and challenging interactions.



Engage in observational learning through video scenarios and group examples.

YOUTH FACILITATOR TRAINING OUTCOMES

SMART Youth is a one-day extension course designed specifically for those passionate about supporting young people. Our Youth Facilitator Training builds on the foundations of SMART Recovery's evidence-based approach, equipping you with specialised skills to engage and empower youth on their recovery journey.

This is a supplement one-day extension course of the standard SMART Facilitator training. To complete this course you must first have undertaken and achieved the learning outcomes in the Online Standard, Online Premium or In-Person training.

Learning Outcomes Summary

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

- Adapt SMART Recovery for Youth: Tailor the SMART framework to meet the unique developmental needs and challenges of young people.
- Create Engaging and Inclusive Spaces: Foster a safe and welcoming environment that encourages youth participation and sharing.
- Customise Age-Appropriate Resources: Utilise Youth Tools and modify SMART Recovery materials to fit younger demographics.
- Demonstrate Cultural Competency: Implement inclusive practices that honor diverse backgrounds, ensuring every young person feels valued.
- Use Developmentally Informed Motivational Strategies: Recognise age-specific challenges and apply techniques to enhance motivation and engagement.
- Facilitate Interactive Sessions: Design and lead dynamic activities that promote participation and build rapport among youth.
- Implement Crisis Management Protocols: Identify youth-specific risks and apply strategies to maintain a safe group environment.
- Leverage Digital Tools for Engagement: Use technology, including the SMART App, to enhance youth participation in both in-person and virtual sessions.
- Apply Learning Through Coaching: Practice facilitation techniques through role plays, integrating feedback to improve skills and confidence.



INSIDE OUT FACILITATOR TRAINING OUTCOMES

The Inside Out training is a one-day extension course tailored for professionals working within the criminal justice system, focusing on adapting the SMART framework for a comprehensive 24-session program. Participants must have completed the OST/OPL or In-Person training prior to enrollment.

Learning Outcomes Summary

Participants will learn to:

- Adapt the SMART Recovery framework for correctional contexts.
- Create safe and respectful group dynamics.
- Utilise relevant and practical resources specific to correctional settings.
- Demonstrate cultural and contextual competency to foster inclusivity.
- Employ evidence-based motivational strategies for participant engagement.
- Facilitate structured and interactive recovery sessions.
- Implement effective safety and crisis management techniques.
- Leverage digital resources to support recovery.
- Engage in scenario-based learning and feedback.
- Support participants plan for ongoing recovery post-release

Note: The Inside Out program also offers resources and content tailored to deliver both 12-session and 4-session (remand version), which can be purchased in addition to this training.



FAMILY AND FRIENDS FACILITATOR TRAINING OUTCOMES

Is a one-day extension course designed for individuals working with the family and friends of those exhibiting concerning behaviours. It is a supplementary one-day course, requiring completion of the OST/OPL or In-Person training prior to enrollment.



Learning Outcomes Summary

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

- Facilitate an 8-session course for Family and Friends, incorporating best practices for facilitation with loved ones of someone experiencing behaviours of concern
- Deliver psychoeducational topics, including motivation, self-care, CBT principles, assertive communication, and decision-making
- Integrate CBT and MI skills into the facilitation process
- Apply the Stages of Change model to practice strategies
- Familiarise and practice the delivery of SMART tools and their applications in group settings
- Manage the facilitating role, addressing challenges constructively, manage challenging situations and scenarios
- Engage in observational learning through practical examples and content presentation and facilitator skills



YARN SMART FACILITATOR TRAINING OUTCOMES OVERVIEW

Designed for delivery of the SMART philosophy for the First Nations community and is delivered either in-person or online over 2 days. This training is not an extension of SMART and requires no prior completion of the other SMART training.

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

- Extend and build on their own personal cultural knowledge and practices of the of 4 C's - Connection, Culture, Country, and Community
- Develop and embed how to implement culture as a healing practice.
- Be able to articulate the fundamental values and practices of Yarn our Way, Heal Your Way: Yarn SMART
- Provide a culturally safe environment that First Nations voices and understanding of addiction are heard and understood.
- Extend personal knowledge of cultural healing practices which include connection to cultural spiritually and ancestors, connections to kinship, extended family, building cultural narratives, country and community.
- Foster a theoretical framework and methods First Nations knowing, being and doing.
- Implement a person-centred strengths-based approach to supporting self-management, empowerment and enduring behavioural change.

Our Yarn SMART program is underpinned by the 4Cs, supporting Indigenous recovery journeys through traditional practices.



COUNTRY



CULTURE



COMMUNITY



CONNECTION

PROFESSIONAL DEVELOPMENT TRAINING OUTCOMES

The Professional Development course consists of a four-module e-learning program that introduces participants to the SMART framework. This course provides foundational knowledge of the theories and principles underpinning SMART; however, it does not prepare participants to facilitate the program due to the lack of practical application and hands-on experience. It is, nonetheless, valuable for individuals wishing to apply SMART skills in one-on-one or personal contexts.

Learning Outcomes Summary

Participants will be able to:

- Articulate the fundamental principles of the SMART philosophy, including the four-point harm minimisation program.
- Observe video examples and explore best practices for setting up and facilitating meetings, recognising the importance of format and structure in promoting effective collaboration.
- Gain knowledge of how Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) are integrated within the SMART framework, enhancing understanding of these therapeutic approaches.
- Explain the Stages of Change model and its relevance to the strategies employed in the SMART program.
- Familiarise themselves with various tools utilised in the SMART program, comprehending their advantages and potential applications.
- Understand the key responsibilities of a facilitator, including managing group dynamics and addressing challenging interactions.
- Engage in observational learning through videos and group examples to reinforce their understanding of SMART concepts.





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