



SELF MANAGEMENT AND RECOVERY TRAINING FOR
FAMILY & FRIENDS

Josette Freeman & Dr Angela Argent

Velleman, Velleman, Orford, Copello, and Templeton's Five Step Method

- 1** Getting to know the family member and the problem by giving the family member the opportunity to talk about the problem in a non-judgmental setting.
- 2** Providing relevant, specific, and targeted information.
- 3** Exploring and discussing coping behaviours, including how people have been responding, what they might do differently, and the advantages and disadvantages of various options.
- 4** Exploring and enhancing social support systems.
- 5** Exploring additional needs and further sources of help.

SMART Recovery 4-Point Program

1 Building and Maintaining Motivation

2 Coping with Urges

3 Problem Solving

4 Lifestyle Balance



 SMART Recovery
Australia

 **BE SMART**

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Facilitator Handbook

 **BESMART**