

Questions Asked During the Live Webinar Broadcast on 11/28/12

Q: Will SMART Recovery Group leaders self-refer to their private practice? Conflict of interest?

A: Some SMART Recovery volunteers are treatment professionals. When serving as a Volunteer Facilitator, they are asked to “remove their professional hat” while facilitating. (This is important because SMART meetings are mutual support, not “therapy”.) We have specific requirements for those serving as a Volunteer Advisor which can be found here: <http://www.smartrecovery.org/meetings/RoleVAL.htm>. All professionals are asked to separate their professional activities from their volunteer activities for SMART Recovery.

Q: Have you found that court ordered AA meetings truly work since the person is being forced into sobriety?

A: I can't speak for AA though I'll share some experiences within SMART Recovery. It's not uncommon for our online meeting facilitators to send 15-20 meeting verifications following an online meeting with 35 participants. Our face-to-face facilitators also sign court cards or provide a meeting verification. No program will be effective unless/until the person is motivated to change. We've had participants attend because they “had to”. In the case of SMART, often the attendees have had to work with the courts to allow their participation in either/or AA or SMART. So, those people are probably a little more likely to at least feel grateful to have a choice. And we have court mandated attendees who now serve as volunteers for SMART Recovery. They attended the program, gained value and moved forward with their recovery, and desire to help “pay it forward”. But again, I think no program will be successful for an individual until he/she is motivated to change.

Q: Any studies that deal with causal relationship of recovery and attendance at mutual support meetings?

A: Bill White (addiction historian whose book *Slaying the Dragon* I mentioned during the webinar) has published numerous papers, but I think these two will be useful to review as far as research is concerned:

1. *Linking Addiction Treatment and Communities of Recovery: A Primer for Addiction Counselors and Recovery Coaches*, ©2006, William White & Ernest Kurtz.
2. *Peer-based Addiction Recovery Support: History, Theory, Practice and Scientific Evaluation*, ©2009, William White.

The *Peer-based Addiction Recovery Support: History, Theory, Practice & Scientific Evaluation* by William White can be downloaded here:

<http://www.attcnetwork.org/regcenters/productdetails.asp?prodID=510&rcID=3>

The *Linking Addiction Treatment and Communities of Recovery: A Primer for Addiction Counselors and Recovery Coaches* by William White and Ernest Kurtz can be found here:

http://store.ireta.org/merchant2/merchant.mvc?Screen=PROD&Store_Code=I&Product_Code=mng995-DLD1.zip&Category_Code=mng

Those are two rather easy/informative reads that I think you'll enjoy.