



SMART Recovery Family & Friends Handbook

From SMART Recovery



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Designed for people affected by the addictive behavior of a loved one, this 138 page Handbook contains 14 sections with a wide range of topics including: Change and Motivation, Positive Communication, Healthy Boundaries, Safety and Support, Coping with Lapses, Disable the Enabling, Trust and Forgiveness – and much more. It can be used in conjunction with attendance at SMART Family & Friends (F&F) online or community meetings, or on its own.

The Handbook includes SMART Recovery's tools for coping in a healthy way with the many emotionally challenging situations frequently encountered in relationships where addiction is a factor. A Family & Friends meeting participant states: "I came to SMART to get help dealing with my partner's addiction. What I got are tools that help me deal more effectively with almost every aspect of MY life."

Additionally, the Handbook incorporates the principles of the evidence-based CRAFT (Community Reinforcement and Family Training) approach. Studies have shown CRAFT to be significantly more effective than either Al-Anon or Johnson interventions for getting addicted individuals into treatment.



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- Sales Rank: #38578 in eBooks
- Published on: 2015-03-17
- Released on: 2015-03-17
- Format: Kindle eBook

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