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Smart recovery: New research directions

Peter James Kelly

University of Wollongong, pkelly@uow.edu.au

Chris Blatch

Corrective Services, Sydney

Frank Deane

University of Wollongong, fdeane@uow.edu.au

Amanda L. Baker

University of Newcastle, abaker@uow.edu.au

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Smart recovery: New research directions

Abstract

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SYMPOSIUM: SMART RECOVERY: NEW RESEARCH DIRECTIONS

PETER J. KELLY,¹ CHRIS BLATCH,² FRANK P. DEANE,¹ AMANDA L. BAKER³

¹*University of Wollongong, Wollongong, New South Wales, Australia,* ²*Business Process Support Unit, Offender Services and Programs Branch, Corrective Services, Sydney, New South Wales, Australia,* ³*School of Medicine and Public Health, University of Newcastle, Newcastle, New South Wales, Australia*

Chair's email: pkelly@uow.edu.au

Chair: Peter J. Kelly¹

Aim of Abstract: Mutual support groups are the most widely accessed form of alcohol or other substance abuse treatment. Self-Management and Recovery Training (SMART Recovery[®]) is a not-for-profit organisation that provides mutual support groups for people experiencing problematic behaviours. There are currently 104 active SMART Recovery groups in Australia, with more than 700 groups being delivered worldwide. SMART Recovery was originally developed as an alternative to 12-step approaches, with the major distinction being that it incorporates cognitive behavioural therapy to promote positive behavioural change. While the theoretical framework used by SMART Recovery was intentionally developed to reflect current evidence based approaches, there has been a lack of published research specifically examining SMART Recovery. The current symposium will present the first research conducted that has evaluated SMART Recovery within an Australian context.

Nature of Interactive Element: Audience discussion will be encouraged, particularly drawing on the audience's experiences with SMART Recovery or other mutual support groups.