

Shadow Mountain Recovery Describes SMART Recovery as Addiction Treatment Option

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San Antonio, TX - Shadow Mountain Recovery, which is based in San Antonio, TX, has recently published an article about the Self-Management and Recovery Training (SMART) Program, which could be used for addiction treatment. It is important to note that SMART Recovery® meetings are no-cost and are primarily focused on abstinence. They help members develop tools that will assist in altering the patterns that they have developed in their lives that have resulted into their development of addictions. By using such tools, the SMART Recovery Program is helping people lead meaningful and satisfying lives.

The SMART nonprofit organization was established by Joe Gerstein in 1994 with other experienced psychologists. It aims to eliminate the spiritual aspect of the 12-step treatment programs and the concept of an individual being in recovery for the rest of their life. Instead, the program emphasizes evidence-backed steps and applies the most up-to-date studies on addiction and substance use to assist individuals in overcoming compulsion by modifying their thoughts and putting those actions into practice.

Meanwhile, the SMART Recovery Program is not just for drug and alcohol addiction. The program meetings may also be used for people who are struggling with certain addictive behaviors, such as gambling, shopping, eating, exercise, and more. A significant difference that this program may have from 12-step programs is that individuals are not required to refer to themselves as addicts or substance abusers. In addition, the SMART Recovery Program is based on the idea that recovery will indeed end, which is in contrast to the conventional programs that are based on the belief that the path towards recovery will never end.

The SMART Recovery Program is based on the belief that people will finally reach a point where the SMART meetings will no longer be useful for them. The goal is for the individual to overcome their addiction via mindful effort and self-exploration, and when this is achieved, that individual has completed recovery.

This program uses a particular tool set from cognitive behavioral therapy (CBT) and rational emotional

behavioral therapy (REBT). These include the use of plans of change worksheets; comprehending and focusing on the various levels of change; upholding a hierarchy of values; making a decision-making breakdown of substance use versus abstinence; use of DISARM (Destructive Irrational Self-Talk Awareness and Refusal Method) strategies; reviewing the individual's ABCDEs or activating events, beliefs, consequences, disputes, and effects; role-playing to create and embed new behaviors; brainstorming; finding vital absorbing creating interests (VACI); and practicing unconditional acceptance (USA). During a SMART meeting, people can expect to focus on at least one of these tools and then apply them to the issues the group has experienced during the previous week.

It is important to note that while the SMART Recovery Program is not as popular as AA or the 12-step program, it is recognized by various medical organizations, such as the American Academy of Family Physicians (AAFP), the American Society of Addiction Medicine (ASAM), the National Institute on Drug Abuse (NIDA), and the Center for Health Care Evaluation.

Meanwhile, the types of people who will benefit the most from the SMART Recovery Program are: those who are not interested in religion, spirituality, or other similar philosophies to be involved in their recovery process; those who would like to work with facts and evidence, particularly with a group; those who would rather not put a label on themselves and would rather focus on future change by really understanding themselves; and those who need medications and therapies.

There are certain individuals who may not benefit much from the SMART Recovery Program. These include: those who prefer religious or spiritual guidance during their recovery; those who have an external locus of control; those who have specific goals for their future or who have to be responsible for other people aside from themselves; and those who may not be able to emotionally handle direct criticism or interruptions of personal narratives during the meetings.

Those who are interested in learning more about the addiction treatment programs available at Shadow Mountain Recovery may want to check out their website or contact them on the phone or through email. They are open from 9:30 a.m. to 4:00 p.m. from Monday to Friday.

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For more information about Shadow Mountain Recovery Intensive Outpatient Center, contact the company here: Shadow Mountain Recovery Intensive Outpatient Center 505-361-2634 info@shadowmountainrecovery.com 7005 Prospect Place NE Albuquerque, New Mexico, 87110

Shadow Mountain Recovery Intensive Outpatient Center

Shadow Mountain recovery centers are places of healing and building. We don't promise a quick fix or a luxury vacation. Addiction treatment at Shadow Mountain is different from your average drug rehab or detox program.

Website: <https://www.shadowmountainrecovery.com/albuquerque/>

Email: info@shadowmountainrecovery.com

Phone: 505-361-2634



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