**AGPA Connect 2023 Presenter Information**

**Course Code:** 219

**Course Title:** Finding Common Ground in Divergent Approaches to SUD Treatment

**Course Times:** 7:00 AM - 8:00 AM

**Course Dates:** Saturday, March 11

**Instructors:** Greg Greer

 Rivkah Lapidus

 Barney Straus

**Course Description:** This session will be an informal discussion intended to explore the imagined and actual differences between abstinence-based and alternative approaches to SUD treatment. There are several different models of abstinence-based models, including 12-Step recovery and secular SMART Recovery. Alternatives to abstinence include Harm Reduction and Moderation Management. Participants representing all approaches are welcome to attend.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Describe similarities and differences between the various recovery models.‎
2. State the advantages and drawbacks associated with abstinence-based approaches to recovery and ‎their alternatives.‎
3. ‎Demonstrate ability to refer clients to options best suited to them.‎

**Significant Articles:**

1. Flores, P., Roth, J., Straus, B. (2023, in press) Group Psychotherapy with Addicted Populations, 4th ‎Edition. New York: Routledge.‎
2. Lapidus, R. (2012) Rats in a Cage: On Powerlessness in Additions Treatment. Article in the newsletter ‎of Alonso Center, Fielding Graduate Center.‎
3. Mortz, M. (1994) Overcoming Our Compulsions: Using the Twelve Steps and the Enneagram as ‎Spiritual Tools for Life. Ligouri, MO: Triumph Books.‎
4. Straus, B. (2018) Healing in Action: Adventure-Based Counseling with Therapy Groups. Lanham: MD: ‎Roman and Littlefield.‎

**Agenda:**

Introduction of Presenters and Members (10 minutes)

Key tenets of 12-Step Recovery (10 Minutes) GG, Obj. 1-2

Key tenets of SMART Recovery (10 Minutes) BS, Obj. 1,2,3

Key tenets of Harm Reduction (10 Minutes) RS, Obj. 1,2

Discussion (15 Minutes)

Evaluations (5 Minutes)

**Assessment Questions:**

Question 1 (include possible answers)

SMART is an acronym that means Systematic Methods and Rationale for Treatment. (T/F)

Correct Answer 1

False

Question 2 (include possible answers)

The acronym CODA means a.) Cost of Doing Administrative Analysis b.) Costs of Drug and Alcohol Abuse c.) Codependents Anonymous d.) "Could Offer Delicious Appetizers."

Correct Answer 2

C

Question 3 (include possible answers)

Adult Children of Alcoholics is an example of a.. a.) Harm Reduction Meeting b.) 12-Step Fellowship c.) A Religious Cult d.) None of the Above

Correct Answer 3

B

Question 4 (include possible answers)

Which of the following is NOT an advantage of harm reduction? a.) Individuals practicing a harm reduction approach are minimizing unfortunate outcomes. b.) People deserve support at any point along the recovery continuum. c.) Individuals practicing harm reduction become involved with a supportive community. d.) It gives people an excuse to continue practicing self-destructive behaviors.

Correct Answer 4

D

Question 5 (include possible answers)

Which of the following religions are most closely associated with 12-Step Recovery? A.) Christianity B.) Buddhism C.) Judaism D.) Muslim

Correct Answer 5

A

Question 6 (include possible answers)

Which of the following religions are most closely associated with Recovery Dharma? A.) Christianity B.) Buddhism C.) Judaism D.) Muslim

Correct Answer 6

B

Question 7 (include possible answers)

Marjorie Kishlane is known to have started which of the following fellowships: A) Moderation Management B.) SMART Recovery C.) Al-Anon D.) Harm Reduction

Correct Answer 7

A

Question 8 (include possible answers)

SMART Recovery is based on the work of which well-known psychologist? A.) Aaron Beck B.) Albert Ellis C.) Carl Jung D.) Margaret Malher

Correct Answer 8

B

Question 9 (include possible answers)

Which of the following religions are most closely associated with SMART Recovery? A.) Christianity B.) Buddhism C.) Judaism D.) Muslim E.) None of the above

Correct Answer 9

E

Question 10 (include possible answers)

And individual switch from smoking cigarettes to chewing nicotine gum would be practicing which of the following techniques: A.) SMART Recovery B.) Harm Reduction C.) Moderation Management D.) Peer-Support

Correct Answer 10

B