



WELCOME
to Overcoming Addictions.

Our web site is for people who want to recover from addictions using a science-based approach.

Overcoming Addictions is based on the 4-Point Program® of SMART Recovery®

- Building and maintaining motivation
- Dealing with urges
- Self-management of your thoughts, feelings, and behaviors
- Developing a balanced, healthy lifestyle

DETAILS | SMART RECOVERY® | REGISTER | LOGIN

We are looking for people who are new to SMART Recovery to participate in a randomized clinical trial of our new program, Overcoming Addictions. You may benefit in two ways: 1. You may learn how to achieve and maintain abstinence from drinking and 2. You may get support from others in SMART Recovery that could help with your recovery. We will also reimburse you up to \$120 for your time to collect outcome data for the study.

More information is available at <http://www.behaviortherapy.com/SRwebcourse.htm>

If you're interested in participating, give us a call at 505.345.6100 (and hit ext. 11 if you get the outgoing voice mail because all lines are busy). We're in Albuquerque, NM (Mountain Time). You can also email us (researchdivision@behaviortherapy.com) and we can call you to get you started. Please include your phone number, time zone, and a good time for us to call you back.

Here are some of the inclusion criteria to help determine who is eligible to take part:

Inclusion criteria

1. Living in the U.S. (a requirement of our funding source, NIAAA).
2. Minimum age 18.
3. You have been drinking heavily in the previous 90 days.
4. Your **AUDIT** score is 8 or more (see the website or talk to us by phone to get your score).
5. You are new to SMART Recovery (i.e., just joining or joined within the last 4 weeks) and you are willing to attend face to face or online meetings.
6. You have Internet access.
7. Your primary focus is on abstaining from drinking.

Two of the exclusion criteria include:

1. Being on probation for a DWI/DUI
2. Having a drug dependence diagnosis or consider yourself to have a drug dependence (using, misusing or abusing drugs will **not** exclude you from the study).