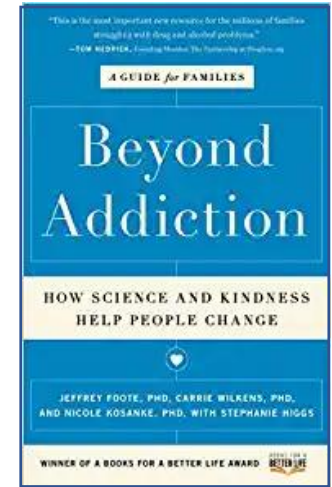
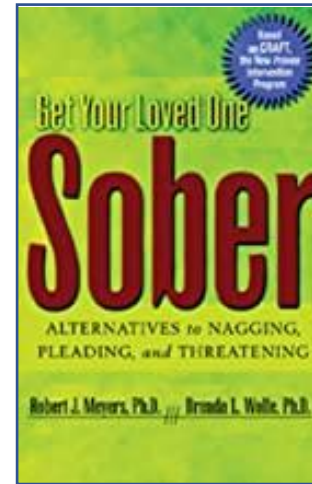
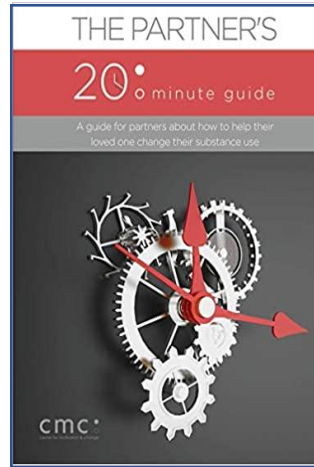
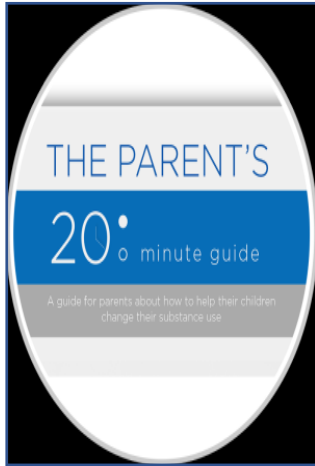


## Reading

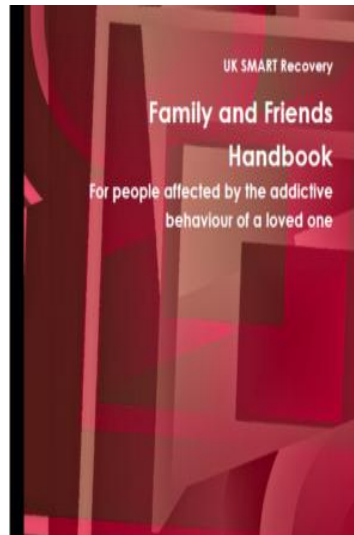


<https://the20minuteguide.com/>

Free online

Hard copy also available from Amazon

Amazon



<https://smartrecovery.org.uk/product/family-friends-handbook/>

<https://smartrecovery.org.uk/online-meetings/>

Online UK meetings

<https://smartrecovery.org.uk/product/family-friends-handbook/>

F&F handbook

<https://smartrecovery.org/family-friends-worksheets>

**All the F&F tools, fillable on your device**

<https://the20minuteguide.com/>

The 20 minute guide – free online. Hard copy also available from Amazon

2 great books (both available on Amazon):

**“Get Your Loved One Sober – Alternatives to Nagging, Pleading and Threatening”**

**“Beyond Addiction – How Science and Kindness Help People Change”**

**Works through ABC with participant every Sat. 9 am est (2 pm London)**

[rebtdoctor@gmail.com](mailto:rebtdoctor@gmail.com)

<https://www.youtube.com/watch?v=YDaA-Az2VWs>

Presentation by USA Facilitator on all things F&F – well worth watching

<https://meetings.smartrecovery.org/meetings/7192/>

Friday's US tool-time meeting – we discuss a different chapter from the handbook each week. 7:30 pm GMT No password necessary

Other US F&F meetings

<https://meetings.smartrecovery.org>

Name of any US city, Filters, Program, Family & Friends. For “distance”, select -----

<https://www.reddit.com/r/SMARTFamilyFriends> Not officially SMART

New reddit group for Family Friends! Come join us

Link to discord (24/7 text chat) (not an official SMART site)

<https://discord.com/invite/RecoveryRAWKstars>

<https://invitationtochange.com/pages/free-chapters>

Free chapters to download from “The Invitation to Change, a Short Guide” (They ask us to buy a print or digital edition if we can)



**The SMART Family and Friends program is based on cognitive therapy tools (REBT) and the CRAFT program**

**CRAFT:**

**Community Reinforcement And Family Training** (evidence-based program developed by Dr. Bob Meyers)

**VIDEO about CRAFT:** <https://vimeo.com/152609272> <<Dr. Meyers describes CRAFT

**CRAFT - Center for Motivation and Change (New York City CRAFT Center)**

<https://cmcffc.org/>

<https://bha.colorado.gov/behavioral-health/CRAFT>

**Great CRAFT website – suggested by a meeting participant**

**CRAFT approach**

<https://helpingfamilieshelp.com/about-craft>

<https://cathytaughinbaugh.com/addiction-resources/>

35 books, blogs etc

<https://theinterventionservice.co.uk/craft-intervention/>