

Community Reinforcement and Family Training (CRAFT)

**SPACE IS LIMITED
SIGN UP TODAY**

Supported by 20 years of clinical research, CRAFT is a comprehensive behavioral program that teaches families to optimize their impact while avoiding confrontation or detachment. CRAFT methods are evidence-based and provide clients with a hopeful, positive, and more effective alternative to addressing substance problems than other intervention programs.

Become a CRAFT Interventionist and learn to teach your clients the following CRAFT skills:

- Employ effective positive communication
- Identify and use positive rewards
- Develop a roadmap for understanding their loved one's substance use and pattern
- Recognize substance use
- Take domestic violence precautions
- Allow for the "natural consequences" of use
- Practice self-care without detachment
- Get a loved one into treatment

As a CRAFT Interventionist, you'll learn how to help families identify practical and highly-effective ways to move their loved one toward treatment, while simultaneously improving their own lives.

In an intervention trial led by The National Drug and Alcohol Research Centre at UNSW and implemented by The Lyndon Community, Yorana Gunya Family Violence Service and Condobolin AMS, CRAFT is being introduced to Australian Aboriginal people and their families. Dr Meyers has been invited to train workers participating in the trial and others interested in his approach.

CRAFT is very successful at influencing treatment-refusing alcohol and drug abusers to enter treatment.

- Across a number of clinical studies, CRAFT consistently gets 64%-86% of cases into treatment, typically after only five sessions.
- In comparative studies, these high treatment-engaged rates stand in contrast to the engagement rates of the Johnson Intervention (30%), and Al-Anon (0%-17%).
- CRAFT's efficacy has been shown with ethnically-diverse client populations, and with other individuals in a variety of types of relationships with the substance abuser (spouse, parent, adult child, sibling, partner, grandparent, etc.).
- Regardless of whether a family member's loved one enters treatment, the family member typically feels less depressed, anxious, angry, and has fewer physical symptoms than before treatment.

Learning Objectives: Understand...

1. How to enhance Family member's motivation.
2. The functional analysis of the substance abuser's problem behavior.
3. Communication skills training for family members.
4. Judicious use of positive reinforcement.
5. Use of negative consequences for substance using behavior.
6. Domestic violence precautions.
7. Enrichment of family member's own lives.
8. The treatment invitation for the substance abuser.

FEES: \$600.00 for three days. Includes instruction materials, CRAFT forms and procedure checklist, and all lunches and morning and afternoon teas

REFUND POLICY: Cancellation up to 14 days prior to training – entire refund minus \$50.00 administrative fee. No refund within 14 days of training.

LOCATION: Dundryleague Guest House, Orange, NSW. Some accommodation at reduced rates will be available on-site.

WHO SHOULD ATTEND: Psychologists, mental health professionals, social workers, Drug and Alcohol workers, Aboriginal Health Workers, Primary Health Care Workers, and other helping professionals working with families

Expertise in substance abuse is not necessary.

REGISTRATION: We have a limited number of places for this training, but are offering this opportunity to all interested on a first come, first serve basis. Email Lisa Day at lday@lyndoncommunity.org.au to obtain a registration form and tax invoice.

CONTINUING EDUCATION: Continuing education will be available for this training session. More information will be available at the training.

FOR MORE INFORMATION, CONTACT:

Dr Julaine Allan, Senior Research Fellow,
The Lyndon Community
jallan@lyndoncommunity.org.au

“Bob Meyers has made exemplary contributions to knowledge about the treatment of substance abuse and dependence, overseeing two decades of programmatic research to develop, refine, adapt, test and disseminate CRAFT.

Bob is an exceptional human being and colleague. He is a superb clinical teacher who garners top marks from audiences ranging from counselors in recovery to doctoral-level health professionals. Dr. Meyers brings extraordinary energy, compassion, depth and humanity to his research, treatment and training.”

-William R. Miller, Ph.D.,
distinguished professor of psychology
and psychiatry, and the author of
Motivational Interviewing.

ABOUT THE TRAINER: Robert J. Meyers, Ph.D. is an emeritus research associate professor of psychology who worked in the clinical research branch of the University of New Mexico’s CASAA for over 22 years. Currently he is the Director of Robert J. Meyers, Ph.D. & Associates. Dr. Meyers is the winner of the 2002 Dan Anderson Research Award from the Hazelden Foundation, the 2003 Young Investigator Award from the Research Society on Alcoholism, and Recipient of the Outstanding Alumni Award of 2005 from Southern Illinois University School of Social Work. He has published over 80 scientific articles and co-authored five books on addiction. Dr. Meyers has been in the addiction field for over 35 years.



The Lyndon Community
160 Kite St
Orange, NSW
www.lyndoncommunity.org.au



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NATIONAL DRUG AND
ALCOHOL RESEARCH CENTRE

A rare opportunity
to learn CRAFT from
Dr. Robert J. Meyers

May 2, 3 and 4, 2011
Duntryleague
Orange, NSW