

Community Reinforcement and Family Training (CRAFT)

Working with families of substance abusers

Supported by 20 years of peer-reviewed research, Community Reinforcement and Family Training (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 families 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.

CRAFT was one of the treatments singled out for its own segment in the HBO Addiction series supported by the National Institutes of Health and the Robert Wood Johnson Foundation. Dr. Meyers and Allies in Recovery were featured in the CRAFT segment.

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

- Across a number of clinical research studies, CRAFT consistently gets 64%-86% of cases into treatment, typically after only five sessions.
- In comparative studies, CRAFT treatment engagement is significantly higher than 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: To 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.

**SPACE IS LIMITED
SIGN UP TODAY**

Who Should Attend: Psychologists, mental health professionals, social workers, drug and alcohol counselors, primary health care workers, and other helping professionals working with families. *Expertise in substance abuse is not necessary.*

Training Fee: \$425 for two and a half days; includes instruction materials, CRAFT forms and procedure checklist, and lunch.

Registration: We have a limited number of spaces for this training. We are offering this opportunity to all interested on a first-come, first-serve basis. Email Catherine Chao at chao@rand.org to reserve your spot.

Location: RAND Corporation Headquarters, 1776 Main Street, Santa Monica, California, USA.

Nearby Hotel Accommodations (not included in registration): Doubletree Guest Suites, Holiday Inn, and Sheraton Delfina

Continuing Education: Continuing education may be available for this training session.

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

For more information contact:
Catherine Chao, RAND Corporation
chao@rand.org; 310-393-0411, x6014

About the Trainer: Robert J. Meyers, Ph.D., is an emeritus research associate professor of psychology who worked in the clinical research branch at the University of New Mexico's Center on Alcoholism, Substance Abuse and Addiction for over 22 years. Dr. Meyers is the winner of the 2002 Dan Anderson Research Award from the Hazelden Foundation and the 2003 Young Investigator Award from the Research Society on Alcoholism. He has published over 80 scientific articles and co-authored 5 books on addiction, including *Get Your Loved One Sober: Alternatives to Nagging, Pleading and Threatening* and *Motivating Substance Abusers to Enter Treatment: Working with Family Members*. Recently, he co-authored *Coming Home: A Warrior's Guide* with Dr. William R. Miller. Dr. Meyers has been in the addiction field for over 35 years.

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*“For decades it was believed that there was nothing one could do to help substance-abusing loved ones until they hit bottom or that heavy-handed confrontational tactics were necessary. Bob Meyers has developed a remarkably effective and gentle method for working with family members and concerned significant others to help their ‘unmotivated’ loved ones get into treatment. It is no longer necessary to feel helpless and hopeless.”*

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



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