

# 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 than other intervention programs.

**Become a CRAFT Interventionist and learn to train your clients in 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 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 concerned significant other (CSO) 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 CSO's own lives.
8. The treatment invitation for the substance abuser.

**FEES:** \$479.00 USD. Includes instruction materials, lunch and afternoon snack, continuing education credit, and a signed, complementary copy of *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* by Robert Meyers and Brenda Wolfe.

**REFUND POLICY:** Cancellation up to 14 days prior to training – entire refund minus \$25.00 USD administrative fee. No refund within 14 days of training.

**LOCATION:** Chestnut Health Systems, Bloomington-Normal, IL

**WHO SHOULD ATTEND:** Psychologists, mental health professionals, social workers, LADACs, nurses, substance abuse therapists, and other helping professionals working with families. Expertise in substance abuse is not necessary.

**REGISTRATION:** We have a limited number of slots for this training, but are offering this opportunity to all interested on a first come, first serve basis. Email Kelli Wright at [kwright@chestnut.org](mailto:kwright@chestnut.org) to obtain a registration form.

**LODGING:** A block of rooms will be available at a local hotel. Additional information will be made available upon registration.

**TRANSPORTATION TO THE TRAINING SITE:** The hotel will transport training participants to and from the training site each day via shuttle.

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

**FOR MORE INFORMATION, CONTACT:**  
Kelli Wright, Research Services Coordinator  
Chestnut Health Systems  
[kwright@chestnut.org](mailto:kwright@chestnut.org)

“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.



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As seen on the HBO  
Addiction special

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Don’t miss this opportunity  
to learn CRAFT from  
Dr. Robert J. Meyers

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September 19-21, 2011  
Chestnut Health Systems  
Bloomington-Normal, IL