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FREE SELF-HELP GROUPS\*\*

WOMEN FOR SOBRIETY – Jean Kirkpatrick had a very severe alcohol problem – she nearly died. But every time she attended AA, she felt like drinking even more. So in 1975 she founded Women For Sobriety (WFS), in which she re-wrote the 12 steps of AA into 13 affirmations for women. Since then WFS has developed a New Life Program for women which uses positive reinforcement, cognitive strategies, letting the body help (for example, through relaxation) and dynamic group involvement.

[www.womenforsobriety.org](http://www.womenforsobriety.org)

SELF-MANAGEMENT AND RECOVERY TRAINING (SMART) – SMART uses evidence-based approaches, such as cognitive and motivational theories. It is a 4-point program, emphasizing: Enhancing motivation to change, Helping addicted people manage cravings and urges, Helping addicted people handle everyday life stressors without addictive behavior, and Developing a balanced and fulfilling life without addictions.

[www.smartrecovery.org](http://www.smartrecovery.org)

SECULAR ORGANIZATION FOR SOBRIETY (SOS) – This group was founded by James Christopher in the 1980s. Their motto is “We do not drink/use, no matter what.”

www.sossobriety.org

\*\*This is not an exhaustive list.