Use of Spirituality in Healing & Recovery in Substance Abuse Treatment

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Workshop Objectives

- Develop an understanding of varied spirituality based perspectives used in the recovery process.
- Participants will increase their skills in working with substance population.
- Develop an understanding of the client/worker relationship in the context of using spirituality based approaches to helping.
- Review the FICA spiritual assessment's application as part of treatment.

Spirituality is…..

- There are varied definitions
  - Blakely (2016) Individual's belief, faith in and personal relationship with God/higher power that transcends human limitations
  - Twerski (1997) "spiritual life" includes the ability of the person to be responsible, to be trusting, to achieve a deeper level of intimacy and realize his or her personal growth.

Spirituality Promotes

- Purpose of existence
- Ways to better oneself
- Builds self-esteem
- Delay gratification
- Think about long term consequences of actions

The Importance of the "Helper"

- The social worker or counselor role is to foster the clients' journey to recovery.

- Establishing clear boundaries at the start is important to maintaining the therapeutic relationship.

Importance of “Helper”

- It’s the provider’s responsibility to keep the process realistic for the client and oneself.
- The key is encouraging the client to express their feelings and use their coping skills.

Do's & Don't in Helping

- ***Do***
- Encourage expression
- Explore strengths
- Be honest
- Check your own emotions

- ***Don't***
- Give opinions
- Be judgmental
- Don't make excuses for your client's
- Take over your client's recovery

Client Centered

- Built on establishing a partnership between the provider and client, where decision making and responsibility for care is shared.
- Focuses on building trust and open communication.
- Recognizes the strengths and capabilities of the client.

Client Centered

- Allows space for the provider to guide the client .
- Allows the provider and client to learn continuously reinforcing success throughout the treatment process.

Spirituality in the recovery process

- Spirituality in the recovery process reflects an important aspect of human diversity.
- Spirituality may be a great source of strength for clients.

Recovery Process, cont'd

- Spirituality helps to foster a sense of meaning, purpose and mission in life.
- Providers can use spirituality to help the client focus on forgiveness, building healthy relationships with others and self in order to maintain sobriety.

Recovery Process, cont'd

- The provider must be careful not to impose their own religious or spiritual views upon the client.
  - As the provider its imperative you understand your own religious and spiritual convictions in order to maintain clear boundaries between your beliefs and those of your client.

Spiritual-based Perspectives

- Strengths Perspective
  - Utilize clients' identified strengths to help them understand their existence and purpose for staying in recovery.
- Empowerment Perspective
  - Gives clients a sense of self-determination and ownership for becoming substance free and staying in recovery.

Strengths Perspective

- Focuses on identifying resources, assets and knowledge that the clients brings to the change process.
- Emphasis on working collaboratively with the client.
- Promotes client self-determination.

Strength Perspective

- Spirituality represents an important strength that can foster resilience by helping the clients find meaning in their difficulties.

- Specifically related to substance misuse spirituality has been linked to positive outcomes. (Lietz & Hodge, 2016)

Strength Perspective

- The internal strength is a client learning to lean on their beliefs to support decision making.
- The external strength is built through a client's membership in a faith community to increase social connections and support.

Strength

- For the Client:
  - Means by which an individual is open to identifying supports and resources that can support the recovery process.
- For the Therapist/Counselor:
  - You encouraging the client to think outside of the box by introducing activities that tap into the inner strength not yet recognized by the client. Spirituality can be introduced as a strength.

Empowerment Perspective

- Emphasizes the process of helping the client to discover and expend the resources and tools within and around them.
- Helping process to assist the client in using their strengths to overcome challenges (i.e. substance use).

Empowerment Perspective

- Emphasis is on positive and optimistic view of challenges in ones life.
- Plays an integral part in healing during the recovery process.

Empowerment

- For the Client:
  - Means by which an individual becomes able to take control of their circumstances, thereby being able to work toward helping themselves.
- For the Therapist/Counselor:
  - You engaging in a set of activities with your client that’s aim to reduce a sense of powerlessness based on being identified within a stigmatized group.

Healing in Recovery

- Healing is the process of restoring balance or wholeness in ones life.
- This includes equilibrium between mind, body and spirit.

Healing in Recovery

- This requires a supportive environment that includes:
  - Therapist/Counselor
  - Family & Friends
  - Sponsor
  - Church or spiritual family

Social Worker/Counselor Role

- Help your client tackle the problem from the beginning.
- Bolster motivation in your client.
- Work with your client's feelings constantly.
- Help client to restructure their thoughts by gently sharing information

Social Worker/Counselor Role

- Maintain Progress
  - Update and review with client as necessary.
- Develop Power
  - Assert client privileges in the worker/client relationship. Have client take ownership.
- Recognizing Change
  - Offer feedback, reflect client actions, examine behavior toward staying in recovery.

Assessment Tools

- Useful in considering spirituality as an important component in the recovery process.
- Allows spirituality to be introduced as part of the overall assessment of needs.

FICA

- Assessment used in palliative care and end of life in relations to healthcare outcome.
- Explores components that are transferable to substance abuse treatment
  - F – Faith or beliefs
  - I – Importance and Influence
  - C – Community
  - A – Address

FICA used in Substance Abuse Treatment

- Does **faith** or belief in a higher power exist?
- Can this existence have **influence** or be seen as important in recovery?
- Is there a support **community** or individuals who are perceived as important?
- How can these issues be **addressed** in the client's treatment?

Applying FICA in Substance Abuse Recovery

CASE STUDY

THANK YOU

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