SCATP

Spiritual Care Addiction Treatment Professionals

A self-monitored, independent association of spiritual care professionals actively working in the treatment of substance use and other addictive disorders in the context of clinical, multidisciplinary care.
Atheists, Agnostics & Spiritual Non-Religious

Many persons struggle with the urging in recovery communities towards faith in a power greater than one’s self. This workshop addresses how addiction treatment providers can welcome and support persons identified as atheist, agnostic or spiritual non-religious.
Presenters

• Rev. Eyglo Bjarnadottir, M.Div
• Spiritual Care Professional
• Hazelden, Part of the Hazelden Betty Ford Foundation

• Rev. Dan Thompson, MA
• Spiritual Care Professional
• Harbor Hall Inc.
What is the 2nd Step?

Imagine that you have just met a person ready to learn about recovery and the 12 Steps. This person is skeptical and unsure, but willing to listen. Write a personal letter to this person to encourage and explain the meaning of the 2nd Step (identify the purpose, meaning, value, and hope). Include your personal experience, the struggle to understand it and the moment(s) you came to believe and how that changed you.

Dear [Name],

I myself didn’t know a lot about believing in a higher power, but what I do know is for me I’ve never been spiritual at all until recently. I started exploring things and believing and knowing that something greater than myself can and will help me matter what my choices. For me, God is my higher power. Even though I’m not a religious person. It helped me realize how wrong I really was and that I can change. I was raised in a family with no religion or spiritual beliefs whatsoever. So, I never thought or had any beliefs that I can recall when I came here to [Place Name], I didn’t know how to go about deciding on a higher power. I thought I had to be religious to believe in God. So, when I was wrong, just believing gives me hope that I never had. I always prayed when I was in trouble. I was prying on a daily basis whether it’s bad or good about me or someone else. I’m sorry I can’t explain it any better than that, but I know if I can change my beliefs anyone can if they are open to change. I hope it comes to you as it is to me.
Research: That is, *RE-SEARCH*

- H.M. Van Praag, M.D, Ph.D. University of Limburg

  “In psychiatry, the reality of religiosity and spirituality has been sorely neglected in the past century. Psychiatric diagnosing requires thorough scrutiny of the major domains that have shaped or might have shaped someone’s life, such as upbringing, social conditions, etc...and last but not least an individual’s spiritual outlook on life. The question should be posed whether it has developed at all and if so, what its salience is and to what extent it may have contributed to someone's personhood. Psychiatrists cannot with impunity ignore potentially important spheres of life, whatever their private convictions might be.”

*Religious and Spiritual Issues in Psychological Diagnosing: A Research Agenda for DSM-V. Commentary 4A, pg 97.*
Research: That is, RE-SEARCH

• Edward P. Shafranske, Ph.D., ABPP USC PsyD Program Director

“A resurgence of interest, marked by an exponential increase in empirical research in recent decades as well as deepening appreciation of the influence of culture, now requires consideration of religion and spirituality as clinical variables. Clinical competence is built upon a foundation of science-informed knowledge, clinical training, and expert supervision. Advances in our ability to provide culturally sensitive assessment and treatment, require ongoing empirical study and systematic consideration in medical and graduate school curricula and training.”

Religious and Spiritual Issues in Psychological Diagnosing: A Research Agenda for DSM-V. Commentary 8B, pg 203.
Educational Resources: *Science explores the Spirit*

- **Studies of the Links Between Spirituality and Health.** American Academy of Family Physicians. 2001
- **Psychosis or Spiritual Emergence?** Dr. Nicki Crowley. 2006
Harbor Hall Spiritual Intake

Client Name: 
Time Date: 

Counselor: 

1. Describe any positive religious or spiritual experiences in your life.

2. Describe any negative religious or spiritual experiences in your life.

3. Describe any miraculous events that you can attribute to God or a power greater than yourself.

4. What are some of the things you believe that gives your life a purpose for living?

5. How would you define spirituality?

6. Would you identify yourself as any of these: Atheist, Agnostic, Religious, Spiritual?

7. What is your relationship with God or a Higher Power like right now?

8. Can you recite the 12 Steps?

9. Have you written a 1st Step? When?

10. Have you ever done a 4th-5th step? If so, was it helpful?

SPRITUAL WELLNESS ASSESSMENT

Please circle which word best describes how you “Feel…” at this point.

Grunishless - Pacedful
Hopeful - Peaceful
Anxious - Contented
Disenfranchised - Healthed
Powerless - Empowered
Addicted - Accepted
Meaningless - Purposeful
Lack of Image - Positive Self Image

Gratitude and Resentments are indicative personality and character traits.

Gratitude is a feeling of thankfulness or appreciation for anyone or anything.

Resentment is a bitter feeling or even an inability to forgive someone that has mistreated or harmed you.

Grade your current level of gratitude and resentments below between 1 and 10.

Gratitude: score
Resentments: score

Significant When Explain the Situation

Death

Relationships

Divorce

Other

What is the greatest accomplishment of your life?

What do you feel bad about?

What do you feel good about?

What would you like the Chaplain to know about you?

Client Signature: 
Spiritual Director Signature: 

SCATP: Spiritual Care Addiction Treatment Professionals
**Spirituality**

“We are spiritual people, experiencing humanness.”

The aspect of humanity that refers to the way individuals
- Seek and express meaning or purpose.
- Experience sacred or holy CONNECTION to...
  - the Moment
  - Self
  - Others
  - Nature/Environment
  - High Power
  - God (of your understanding)

### Honorable Spirituality

A lifestyle practice of connection that **pursues** transformation of the mind, body and soul.

<table>
<thead>
<tr>
<th>Practices</th>
<th>Description</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disciplined</td>
<td>Orderly, Attentive, Diligent, Goal-oriented, self-controlled</td>
<td>Respect</td>
</tr>
<tr>
<td>Accountability</td>
<td>“Please tell me when my behaviors are disorderly.”</td>
<td>Trust</td>
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<tr>
<td>Servanthood</td>
<td>Freely helping/giving aid without asking for a favor in return.</td>
<td>Joy</td>
</tr>
<tr>
<td>Humility</td>
<td>Not thinking less of yourself, but thinking of yourself less.</td>
<td>Serenity</td>
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<tr>
<td>Safety</td>
<td>Taking precautions to protect self/others from harm or danger.</td>
<td>Sobriety</td>
</tr>
</tbody>
</table>

### Dishonorable Spirituality

A lifestyle practice of connection that **resists** transformation of the mind, body and soul.

<table>
<thead>
<tr>
<th>Practices</th>
<th>Description</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitterness</td>
<td>A cynical attitude that includes resentments and animosity.</td>
<td>Unreliable</td>
</tr>
<tr>
<td>Arrogance</td>
<td>“I’m better and/or smarter than you.”</td>
<td>Isolation / Ego</td>
</tr>
<tr>
<td>Dangerous</td>
<td>Behaviors that generate threats of violence or harm to self or others.</td>
<td>Needless Suffering</td>
</tr>
<tr>
<td>Lawless</td>
<td>Carelessly breaking rules, standards, laws, etc.</td>
<td>Chaos</td>
</tr>
<tr>
<td>Self-Centered</td>
<td>When words or behaviors imply: ME, ME, ME.</td>
<td>Insanity</td>
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</tbody>
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**SPIRITUAL PROGRESS IDENTIFIER**

“To those who have made progress in A.A., it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.” (12&12 pg 58)

<table>
<thead>
<tr>
<th>SPIRITUAL EMERGENCY</th>
<th>SPiritual AWAKENING</th>
<th>SPIRITUAL EMERGENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“Crisis”</strong></td>
<td><strong>“Aha!”</strong></td>
<td><strong>“Becoming”</strong></td>
</tr>
</tbody>
</table>

### SPIRITUAL EMERGENCY

**What is it:** Drastic, sudden or intense experience(s) that can ruin an individual’s sense of:

1. Purpose
2. Identity
3. Values
4. Expectations
5. Beliefs
6. Goals
7. Focus

**Result:** Significant disruption in psychological, behavioral, social and spiritual functioning.

1. Hopeless
2. Helpless
3. Hollow

**Next Step:** Reach out to a helpful person or professional that knows how to care for you. Tell yourself, “this is an opportunity of rising to a new level of awareness.”

### SPIRITUAL AWAKENING

**What is it:** A sudden conscious understanding through facts & evidences that alter or change:

1. Beliefs
2. Values
3. Expectations

**Result:** A humbled awareness of self that answers “why I do what I do”. Known also as a “shift” or “Aha!” moment(s). This stage of awakening is characterized by an increased ability to:

1. Hear Truth
2. See Truth
3. Practice Truth

**Next Step:** Connectedness. Get a Sponsor and attend fellowship groups. Practice the 12 Steps. Be open-minded as you develop an understanding &/or connection with a Higher Power or God.

### SPIRITUAL EMERGENCE

**What is it:** The evidence(s) of real sobriety are noticeable. Core Spiritual-Behavioral practices are:

1. Honesty
2. Openness
3. Willingness

**Result:** The discovery or restored meaning and purpose of our life.

Now, our values, expectations and beliefs positively influence our ability to be:

1. Empathic
2. Cooperative
3. Motivated
4. Resilient
5. Thinking Clearly

**Next Step:** Be solution-focused.
Pursue your hopes with measurable and attainable goals.
Engage life with care & concern.
Share your life as a gift w/others.

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<table>
<thead>
<tr>
<th>#</th>
<th>LECTURE TITLE</th>
<th>DATE</th>
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<tbody>
<tr>
<td>1</td>
<td>Spiritual Practices Assessment</td>
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<td>2</td>
<td>Prayer &amp; Meditation: Step 11</td>
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<td>3</td>
<td>Gratitude</td>
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<td>4</td>
<td>Finding Meaning and Purpose</td>
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<td>Spirituality VS Religion</td>
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<td>6</td>
<td>Turning it Over: Step 3</td>
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<td>7</td>
<td>Exploring Various Ways to Understand God</td>
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<tr>
<td>8</td>
<td>The Four Stages of the Spiritual Journey</td>
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<td>9</td>
<td>Transformation: The Essence of the Middle Steps 4-9</td>
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<tr>
<td>10</td>
<td>The Four Absolute Beliefs</td>
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<td>11</td>
<td>Carrying the Message: Step 12</td>
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<tr>
<td>12</td>
<td>Humility, Humiliation, and Hope</td>
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<td>13</td>
<td>Guest Speaker</td>
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FOURTH STEP INVENTORY

“Made a searching and fearless moral inventory of ourselves.”

“The Fourth Step is a turning point in our journey of recovery. It is time for deep personal reflection. The confusion that we attempted to mask with self-deception and drugs is about to diminish. We are embarking on a search for insight into ourselves, our feelings, our fears, our resentments, and the patterns of behavior that make up our lives.” (NA, 12&12, pg 37)

“We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that faith which really works in daily living is still out of reach.” (AA, 12&12, pg 43)

These worksheets are not officially produced or approved by Alcoholics Anonymous or Narcotics Anonymous. They have been circulating unofficially among AA members for at least 50 years in various versions. This version was edited and revised by Harbor Hall Residential Treatment Center, Petoskey – Michigan 2013.
OUR HOPE:

“To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives…”

12 Steps and Twelve Traditions pg. 110
Presenters

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Change
About atheists

• The number of people who identify themselves as atheists in the United States has been rising, modestly but steadily in recent years.

• Atheists, in general, are more likely to be male and younger than the overall population.

• Although the literal definition of “atheist” is “a person who believes that God does not exist” according to the Merriam-Webster dictionary, 14% of those who call themselves atheists also say they believe in God or a universal spirit.

• Not all atheists see a contradiction between atheism and spirituality.

• Among atheists, 82% say they either often (52%) or sometimes (30%) feel a deep connection with nature and the earth.

“Nones on the rise”

“The number of Americans who do not identify with any religion continues to grow at a rapid pace. One-fifth of the U.S. public – and a third of adults under 30 – are religiously unaffiliated today, the highest percentages ever in Pew Research Center polling.”

Pew Research Center, retrieved from [www.pewforum.org/2012/10/9/nones-on-the-rise/](http://www.pewforum.org/2012/10/9/nones-on-the-rise/)
Motivational interviewing (MI) an evidence based practice in spiritual counseling

**MI Core Principles**

- Express empathy
- Roll with resistance
- Develop discrepancy
- Support self-efficacy
- Strengthen their commitment to change

(Initially defined in 1983 by William Miller)
The organization’s value on spiritual care therapy can benefit clinical goals and client outcomes

Building the Evidence base
12 Step facilitation
Big Book – mutual help
Spiritual transformation and recovery
“Research is needed to understand the specific mechanism by which spiritual change occurs and directly influences outcomes”.

“A greater understanding of the nature and impact of spirituality in recovery could influence how spirituality is incorporated into a variety of programs with diverse theoretical approaches”

Gratitude, forgiveness and a sense of purpose
Living Life on life's terms.
Self management –recovery management

“...we need to treat addiction as the chronic illness that it is. A one-month course of treatment six-week course of outpatient simply is not adequate. Like any other chronic illness, it needs a long-term approach towards treatment that hopefully moves from highly structured professional treatment to self-management strategies over time that promote sustainable sobriety.”

(Dr. Marvin Seppala, Chief Medical Officer of the Hazelden Betty Ford Foundation in an interview with The Fix 5/5/15)
Spiritual support for self-management
Stay in Touch!

Ebjarnadottir@hazeldenbettyford.org

651-213-4138

www.linkedin.com/in/eyglobjarnadottir

@eyglobjarna
Stay in Touch!

dthompson@harborhall.com

231-347-5511

www.linkedin.com/dan-thompson

@dthompson1978