

# Spirituality and Health/Recovery

## “Remembering to Feed Our Spirits”

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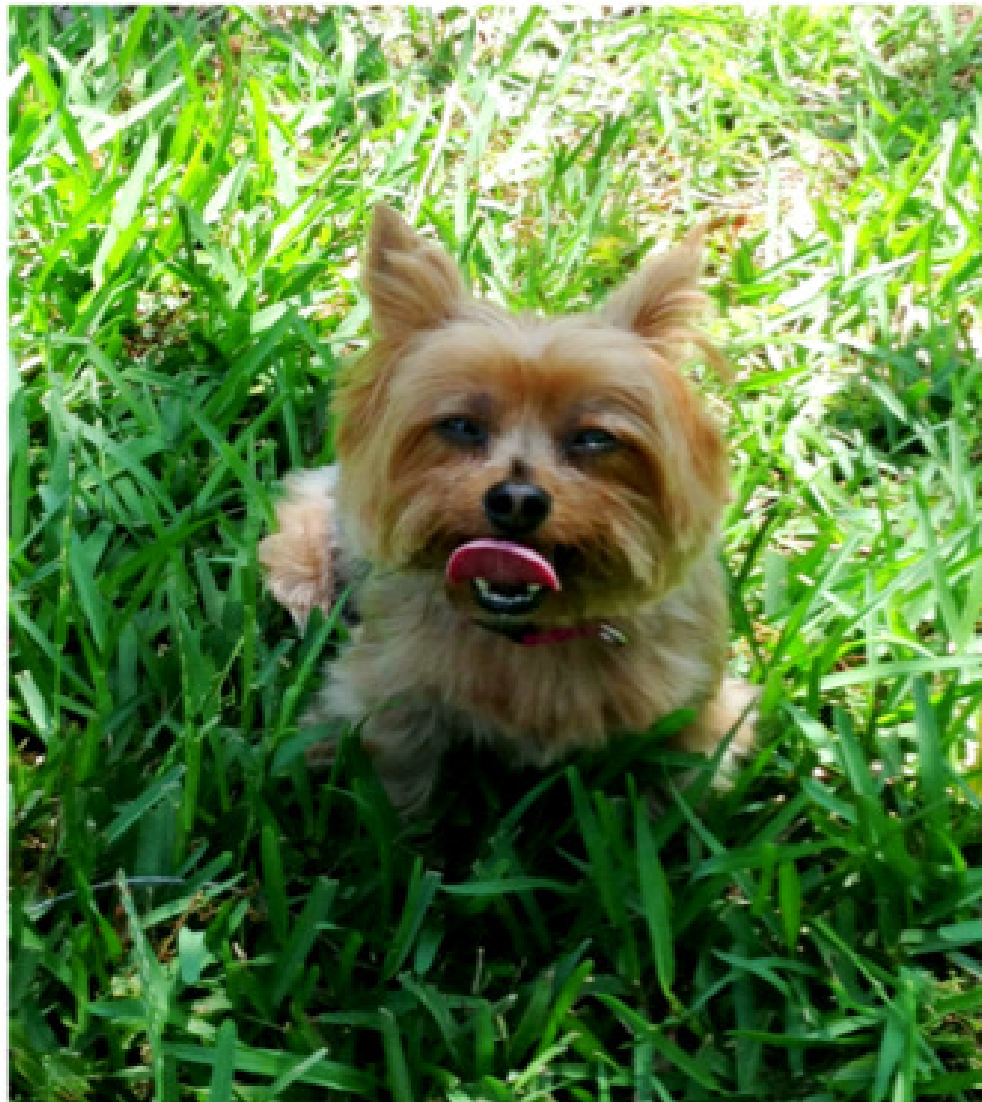
# Objectives

- Describe the difference between religion and spirituality
- Identify two ways the disease of addiction affects one's spiritual nature
- Describe the recovery (bio-psycho-socio-spiritual) process
- Identify (2) contributors of research on spirituality and recovery & health
- Identify spiritual contributions to AA and other 12 step fellowships
- Recognize the value of integrating spiritual practice

# Spirituality Assessment

- Do you consider yourself spiritual or religious?”
- "Is spirituality something important to you”
- “Do you have spiritual beliefs that help you cope with stress/difficult times?” ”
- Has your spirituality influenced how you take care of yourself, your health?
- "Are you part of a spiritual community (temple, church, mosque or other group)? Is there a group of people you really love or who are important to you?”
- How would you say you “feed your spirit”? Do you participate in spiritual practices?

Pay Attention....



TORY LOU. APRIL 26, 2013

# Addiction: a Chronic Illness

## Bio-Psycho-Social-Spiritual

### Biological-

- Continued addictive behaviors despite the risks to health
- Physical problems (ulcers, high blood pressure, GI bleeds...)
- Physical injury or abuse
- Involvement in potentially dangerous and abusive situations (automobile, motorcycle, bicycle accidents)
- Sleep disturbances: not enough or too much sleep; sleep apnea

### Social-

- Increase in marital relationship problems; risk of loss
- Risk to the well being of one's family
- Loss of respect
- Decrease in productivity at work/school
- Impairment at work/loss of job/license

### Psychological-

- Failed efforts to control the addiction
- Emotional instability (mood swings, depression, paranoia, fear of going insane)
- Loss of self-esteem
- Hopelessness or despair
- Guilt
- Strong fears about your future
- Suicide thoughts, feelings, plan

### Spiritual-

- Fear
- Secrets and Hiding
- Self-ridicule
- Shame (action against morals)
- Intimacy barriers (self, others and Spirit)
- Feeling abandoned
- Disconnection/Isolation

# Addictions

"SEX  
addiction"



MY  
SHOPPING  
ADDICTION





*"Hi. My name is Barry, and I check my E-mail two to three hundred times a day."*



# How does the disease of addiction affect a person's spirituality?

## Features of Addiction

- Fear
- Secrets and Hiding
- Self-ridicule
- Shame (action against morals)
- Barriers to intimacy (self, others and Spirit)
- Disconnection/Isolation

## Features of Spirituality

- Hope
- Meaningful connection
- Meaning and purpose
- Forgiveness/Acceptance
- Sense of belonging
- Relationships/Community





AA Big Book First Edition published in 1939, defined alcoholism as a three-fold disease that affects the individual physically, mentally and *spiritually*.



American Medical Association categorized Alcoholism as a Illness in 1956.

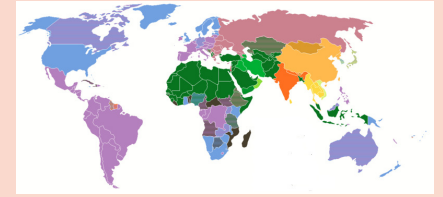
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That which gives people meaning and purpose in life (Puchalski, Dorff & Hendi 2004)

Spirituality is the experience and integration of meaning and purpose in life through connectedness with self, others, art, music, literature, nature or a power greater than oneself. (Burkhart and Solari-Twadell)

For many, spirituality takes the form of religious observance, prayer, meditation or a belief in a higher power.

# Religion



Involves beliefs, practices, and rituals related to the ‘sacred,” where the sacred is that which relates to the mystical, supernatural, or God in Western religious traditions, or to Ultimate Truth or Reality, in Eastern traditions.

Religions usually have specific beliefs about life after death and rules about conduct that guide life within a social group.

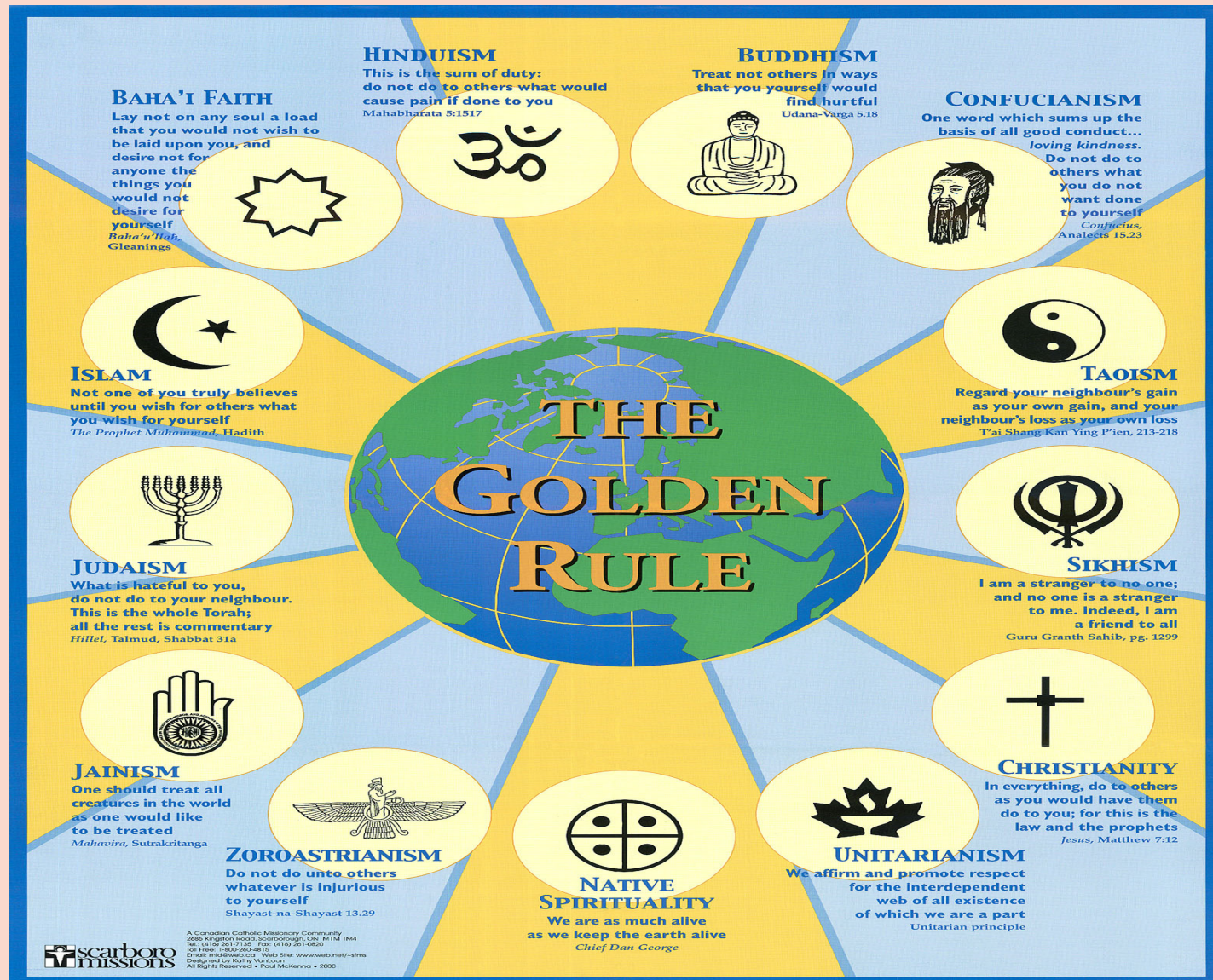
Religion is often organized and practiced within a community, but it can also be practiced alone and in private.

# Spirituality

- Personal
- Meaning and purpose
- Meaningful connection
- Sense of belonging
- Intimacy
- Relationships
- Hope
- Acceptance

# Religion

- Organized
- System of beliefs
- Worship of a God or gods
- Doctrine
- Morality/Ethics
- Religious laws
- Ritual celebrations





# What is Recovery?

- Recovery is a process of change whereby individuals *work* to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential.

## SAMHSA

- Essentially, recovery from addiction **complex and dynamic *process*** encompassing all the positive benefits to physical, mental and social (and spiritual) health that can happen when people with an addiction to alcohol or drugs, or their family members, get the help they need.

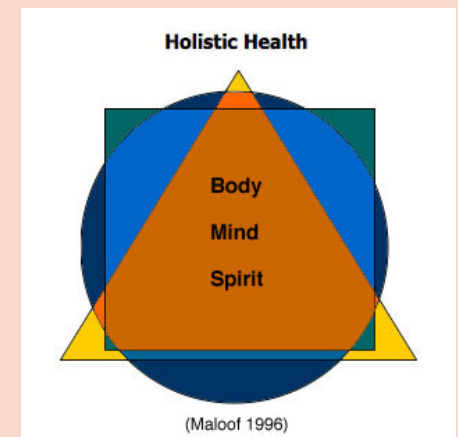
## NCADD

- Recovery in AA is defined not only as physical abstinence but also includes personality change and spiritual growth that are a result of *working* the 12 steps.

Big Book, 2001, Chapter 5

# Healing Components of Recovery

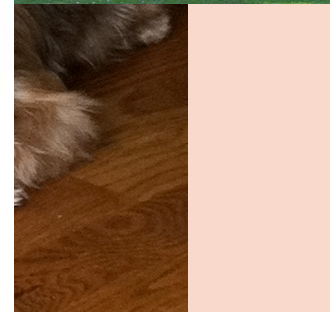
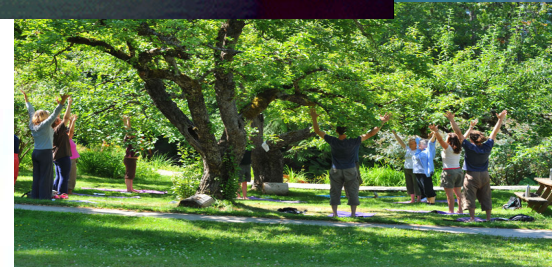
- **Body** - detoxification, physical healing, brain healing
- **Mind/emotion** - hopefulness, balance and healthy management of emotions
- **Social** - re-integration and healing of relations
- **Spiritual** – meaningful connection, sense of belonging, sense of acceptance and ease







A close-up photograph of a hand with teal-colored nail polish holding a clear plastic cassette tape. The hand is positioned at the top of the frame, with the thumb and index finger gripping the top edge of the tape. The cassette tape is held horizontally, showing its clear plastic casing and the internal reels. The background is dark and out of focus.



A large, circular stone labyrinth is the central focus of the image. It is constructed from light-colored stones and features a complex, winding path that leads to a central point. Several people are seen walking on the labyrinth, including a man in a white shirt and dark shorts in the foreground, and others further back. The labyrinth is set in a grassy area with trees and a paved path in the background. The word "PRACTICES" is written in large, bold, white capital letters at the bottom left of the image.





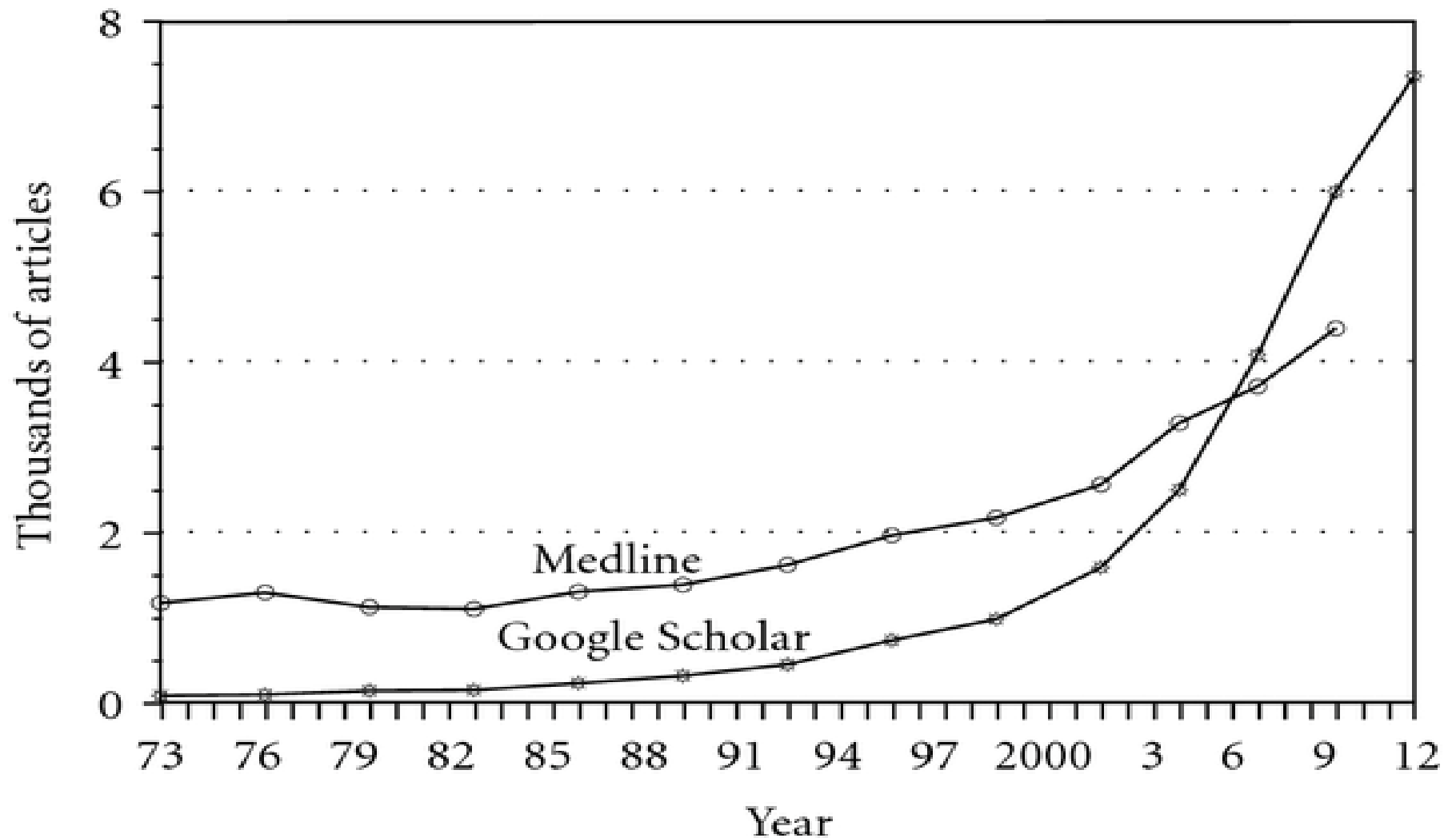
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Spirituality and Recovery is about Opening Up  
and Out



Spirituality is essential to healing from addictive disease and other chronic illnesses...in addition to improving quality of health...research on s/r is exploding.....



Religion spirituality and health articles published per 3-year period (noncumulative) Search terms: religion, religious, religiosity, religiousness, and spirituality (conducted on 8/11/12; projected to end of 2012). Koenig, Harold G., Religion, Spirituality, and Health: The Research and Clinical Implications, ISRN Psychiatry, Volume 2012 (2012), Article ID 278730, 33 pages.



# Impact of spirituality on treatment outcomes

Drug Abuse Treatment Outcome Studies funded by the National Institute on Drug Abuse found religious and spiritual support as motivating factors in successful recovery (Simpson 2003).

A systematic review of the literature (29 studies from PubMed, CINAHL and Psych Info.) focused upon the role spirituality and religion plays in substance abuse treatment outcomes. For most studies, evidence was found suggesting some support for a beneficial relationship between spirituality or religion and recovery from substance use disorders. Walton-Moss, Ray and Woodruff (John Hopkins) JAN, 2013.

# Spiritual Needs of Patients with Chronic Disease

## Research highlights:

- ✓ Chronic illness has a significant impact on physical/functional, emotional, social and spiritual well-being;
- ✓ Spiritual support is associated with better quality of life;
- ✓ Needs for peace, unaffected health and social support corresponds with Maslow's core needs;
- ✓ Healthcare that addresses patient's physical, emotional, social and spiritual needs will contribute to patient's improvement and recovery; and
- ✓ There is a need for better tools and strategies to address these needs.

Harold G. Koenig, MD, Center for Spirituality, Theology and Health, Duke University  
and Arndt Bussing, Center for Integrated Medicine, Quality of Life and Spiritual Coping, U. of  
Witten/Herdecke, Germany



# Spiritual Needs of Patients with Chronic Illness

## Model of Spiritual Needs

Arndt Bussing and Harold G. Koenig, MD



Studies in Mental Health, Depression, Bipolar Illness, Cancer and Immune Disease are showing beneficial results and a real need for the integration of spirituality into treatment and care.

Pearce MJ, Coan AD, Herndon JE, Koenig HG, Abernethy AP (2012). Unmet spiritual care need impact quality of life and well-being in advanced cancer. Supportive Care in Cancer 20 (10): 2269-79

“Emerging research is showing that spiritually integrated approaches to treatment are as effective as other treatments. There is, in short, good scientifically based reason to be more sensitive to religion and spirituality in clinical practice”. Dr. Kenneth Pargament, Scholar at the Institute for Spirituality and Health at the Texas Medical Center. 2013.

# RELIGION AND SPIRITUALITY at Harvard University

- ✓ Spirituality/Religion and Geriatric Mood Disorders
- ✓ Spiritually-Integrated Treatment for Generalized Anxiety Disorder
- ✓ Jewish Spirituality and Mental Health: A Six-Wave Longitudinal and Experimental Study.

## Spirituality is viewed as a Protective Factor

- Instills Hope
- Meaning Making
- Social Support- affiliation with a group
- Meaningful Connection- prayer/meditation



# Expressions of Spirituality



# Spiritual Practice- ART

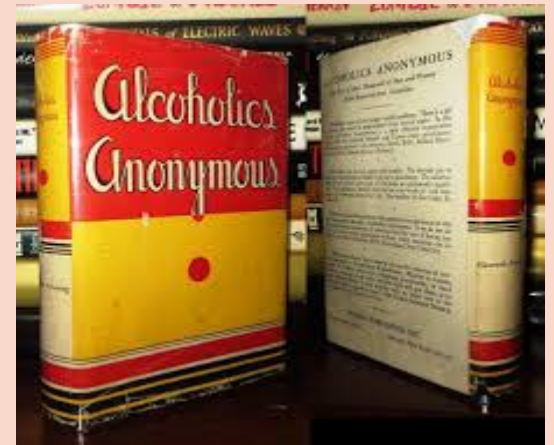






Was AA on to something all along with its focus on *spirituality* and *spiritual practices* as essential to healing?

AA Big Book First Edition published in 1939, defined alcoholism as a three-fold disease that affects the individual physically, mentally and *spiritually*.

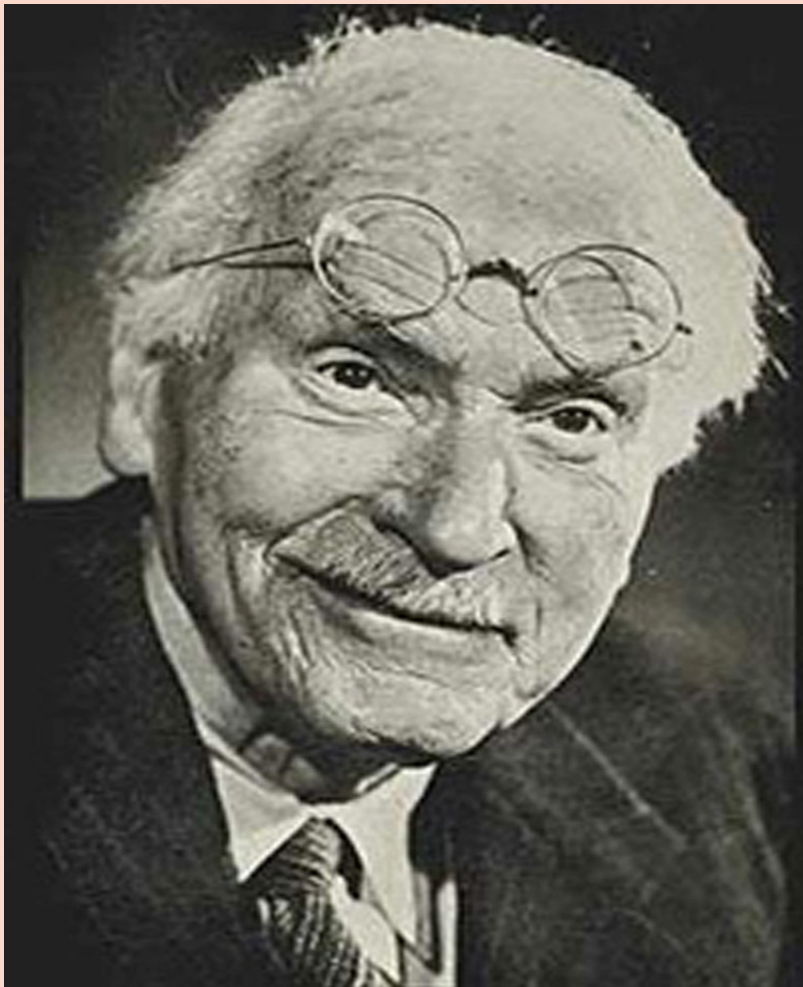


American Medical Association categorized Alcoholism as a Illness in 1956.

# Key Spiritual Influences on Alcoholics Anonymous Recovery Movement

- Roland H.
- Carl G. Jung
- Ebby T.
- William James
- The Oxford Group
- Dr. Silkworth
- Bill Wilson
- Dr. Bob Smith

# Dr. Carl Gustav Jung- renowned Swiss Psychiatrist, treated Roland H.



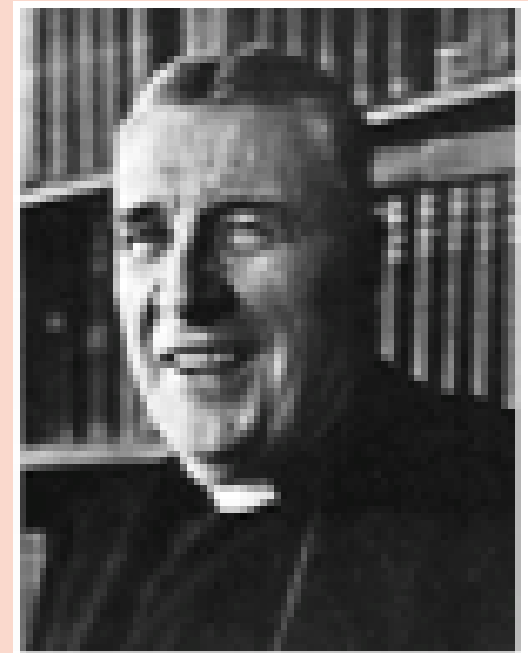
*“Your case is nearly hopeless (as with other alcoholics) and your only hope might be a spiritual conversion with a religious group”*



# The Oxford Group

“Early AA got its ideas of self-examination, acknowledgement of character defects, restitution for harm done, and working with others straight from the Oxford Groups and directly from Rev. Sam Shoemaker, their former leader in America, and nowhere else.”

William G. Wilson, *Alcoholics Anonymous Comes Of Age*, page 39.



Rev. Sam Shoemaker

Ebby Thatcher-friend, co-worker  
and drinking buddy of Bill Wilson  
introduced to Oxford Group meets  
and becomes friends with Roland H.



After Ebby meets with Bill.... Bill tries to get sober again for over six years and is unable to do so on his own. Finally gets the “gift of desperation” and enters treatment.



Towns Hospital  
293 Central Park West, Manhattan



# Dr. William Duncan Silkworth

## Bill's treating physician at Towns



“The alcoholic is a sick person. Under the technique of Alcoholics Anonymous he gets well - that is to say, his disease is arrested. *There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes*”

1873 - 1951

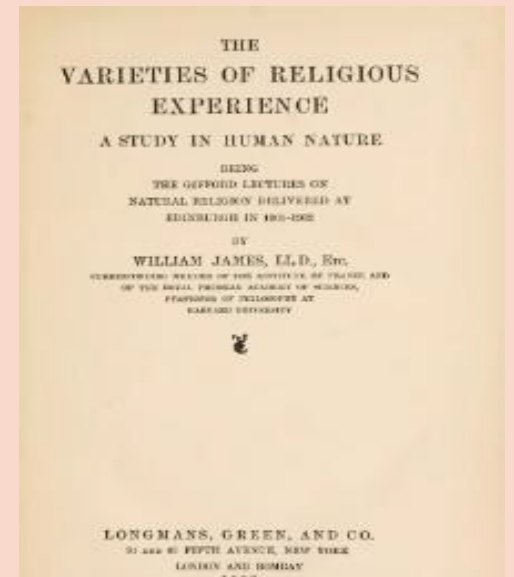
# Ebby meets with Bill W. again in hospital

Ebby's formula—

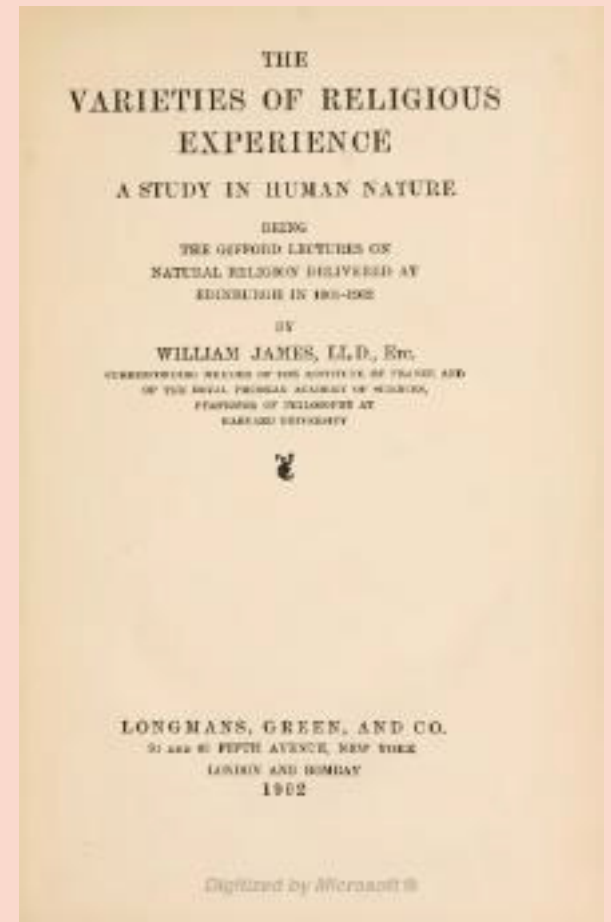
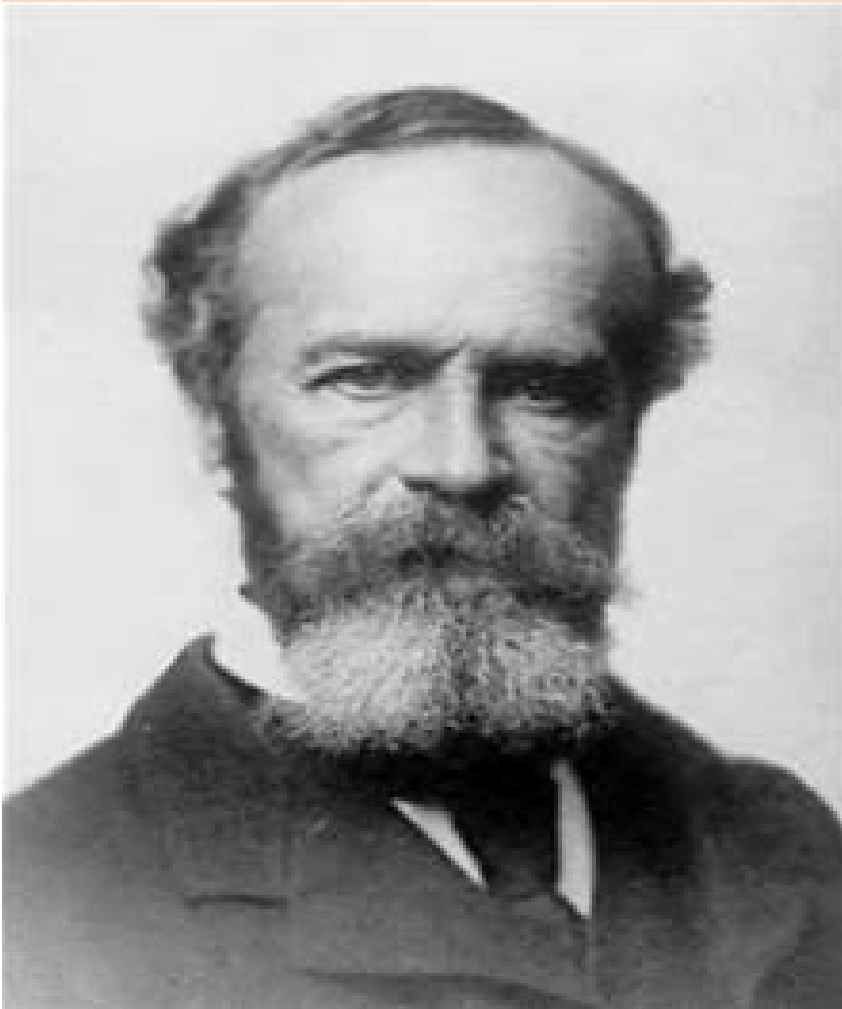
”Realize you are licked, admit it, and get willing to turn your life over to the care of God.”

That night Bill hits a bottom of hopelessness, calls out for help, and has a “spiritual experience” of light and peace.

Ebby drops off a copy of William James book.



# Bill reads The Varieties of Spiritual Experience by William James



# William James

“Accepting the gift of suffering (the gift of desperation) is central to the process of waking up. In fact, so central that we can say, without exaggeration, that it is impossible to wake up without suffering, to one degree or another.”

“All religions and spiritual traditions begin with the cry  
"Help!"

“The ultimate effect of spiritual experience on the person determine its worth.”

Barn's burnt down... now I can see the moon.  
Masahide, Japanese poem (1657 - 1723)



Surrender to win....

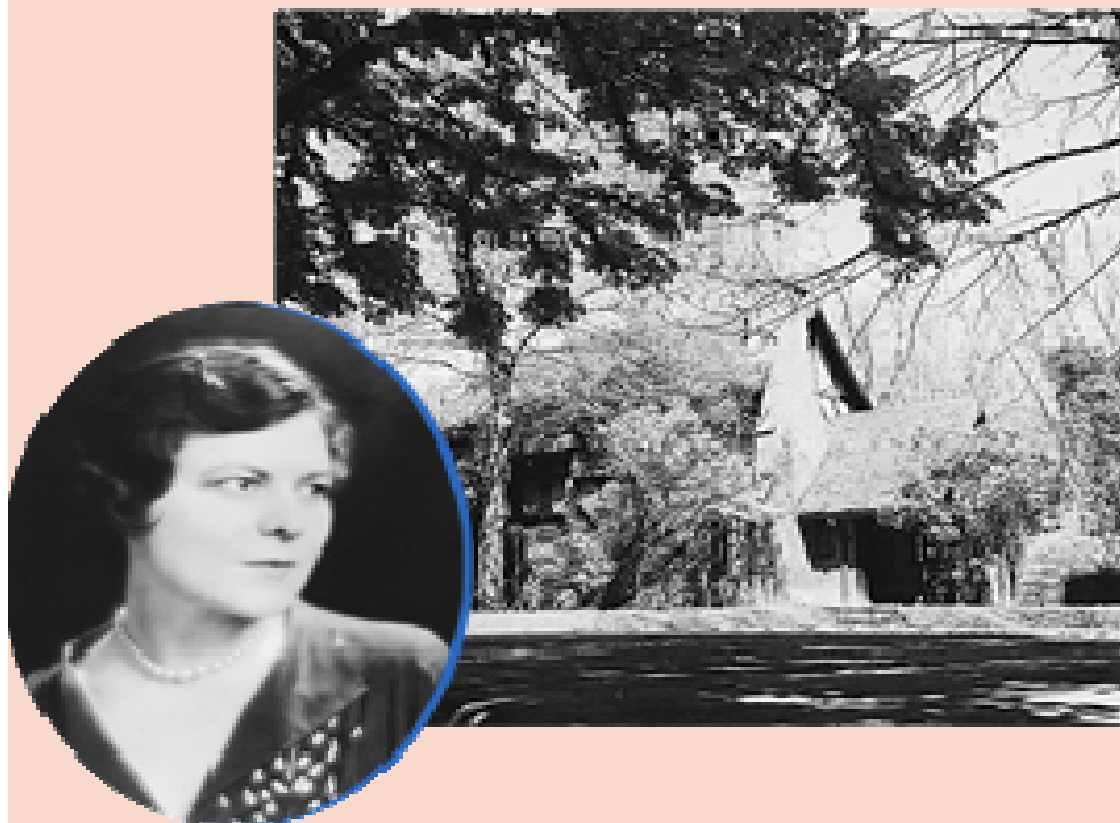
After leaving Towns Hospital Bill and his wife Lois began attending Oxford Group meetings.

Bill Wilson struggles again while on business trip to Akron, OH. He seeks out another alcoholic to help him stay sober; ends up meeting with Dr. Bob Smith.





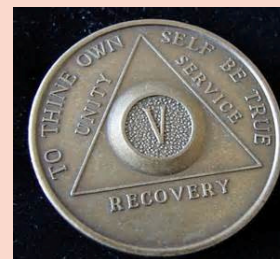
Henrietta Seiberling, a committed Oxford Group member  
introduces Bill and Dr. Bob Smith



# June 10, 1935



Oxford Group  
Spiritual rebirth coin



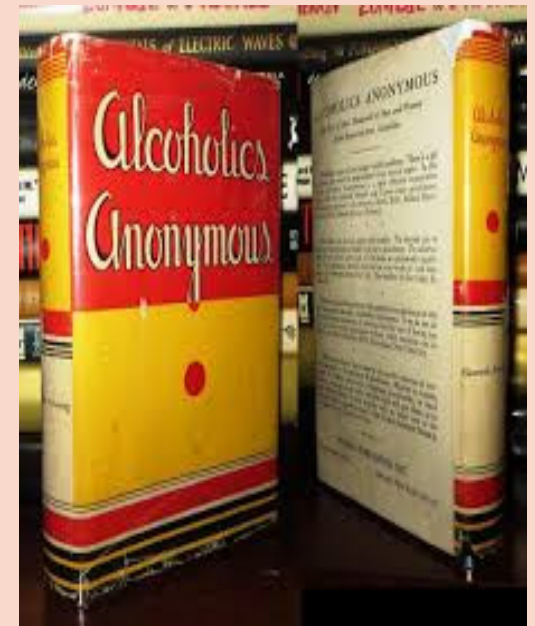
AA Medallion

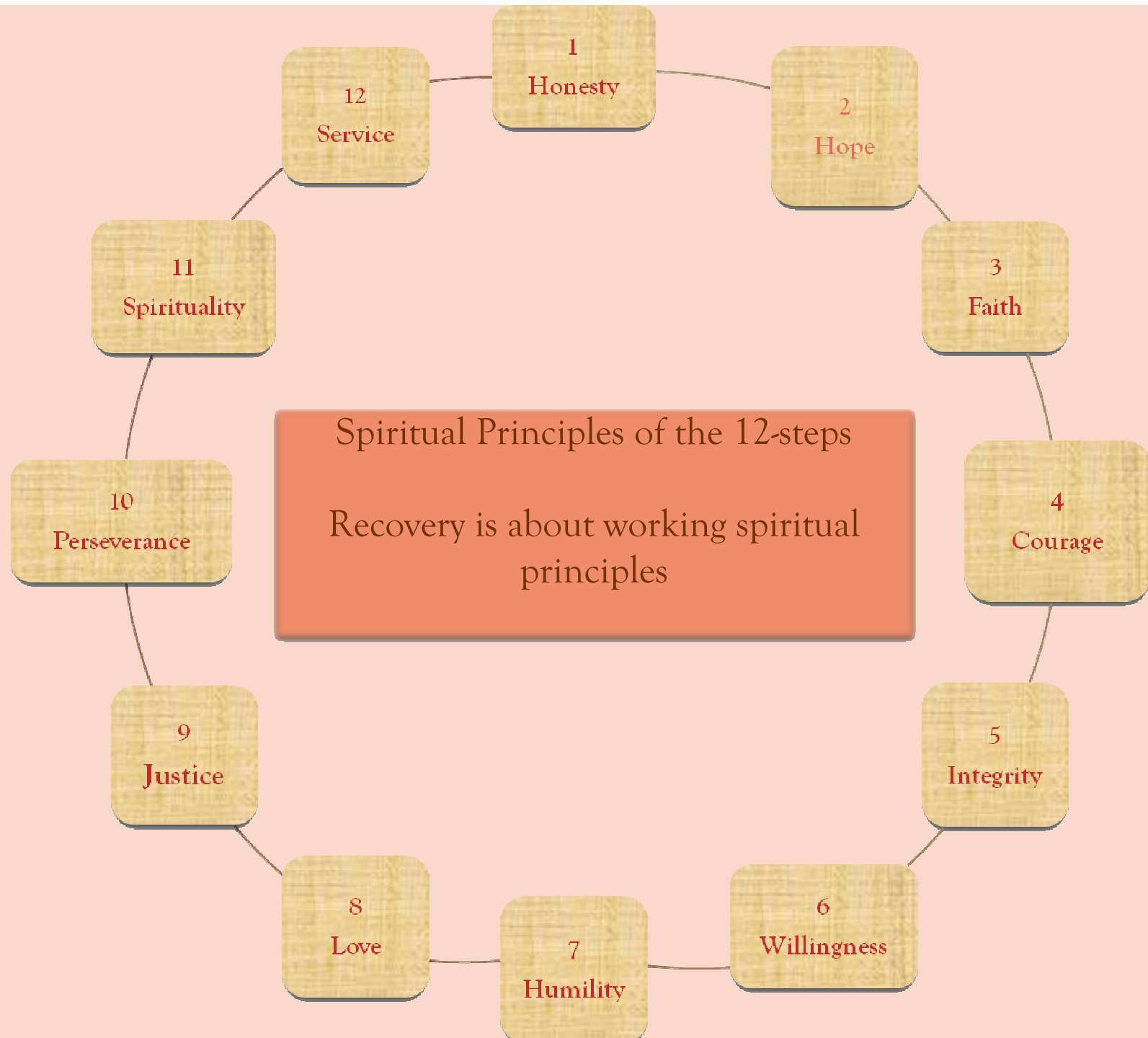
# Lois Wilson



AA history springs out of both religious and spiritual influences

AA is a “spiritual program of action which supports recovery.





Twelve Step/Nurse Support Groups:  
The *spiritual practice* of story telling  
and building community...  
I am no longer alone.



# Spiritual Practice of Prayer and Meditation

God grant me the serenity to accept the things I can not change;  
Courage to change the things I can and the Wisdom to know the  
difference.

Help, Thanks, Wow by Ann Lamott





# Recovering Nurses and Spirituality

## Integrating Spirituality into Nurse ATD Programs

- Mutual Support Groups (AA, NA, Celebrate Recovery, Secular Recovery, SMART, Women in Sobriety etc.)
- Weekly Nurse Support Group
- Didactic education with Reflection
- Quarterly self assessment rating
  - Is spirituality important to me?



# Recovering Nurses and Spirituality: Didactic modules



## IV. PUTTING IT ALL TOGETHER

### Module 33 Connecting the Dots.....

- Objective .....
- Alcohol/Drug Use and Negative Life Consequences.....
- Analysis of Personal Experiences .....
- Recovery Journal Notes .....

### Module 34 Slippery People, Places, and Things.....

- Objectives.....
- Avoiding a Fall .....
- Confidence Quotient.....
- Recovery Journal Notes .....

### Module 35 Spirituality and Religion .....

- Objectives.....
- Distinguishing Religion and Spirituality.....
- Principles of 12-Step Programs.....
- Spiritual Health and Recovery .....
- Recovery Journal Notes .....

### Module 36 Spiritual Health Equals Relationship Health .....

- Objectives.....
- Caring for Yourself Holistically .....
- Finding Balance in Relationships.....
- Recovery Journal Notes .....

### Module 37 Meditation and Prayer: The Why and How .....

- Objectives.....

# Recovering Nurses and Spirituality



- 121 letters from nurses completing monitoring in the last 9 months.

## Nurses Quotes “We do Recover”

“I will always be grateful for the second chance”

“I learned I was not alone”

“When I walk into the room, there is a comfort and peace that comes over me. I have a sense of well being”

“By the grace of God and with your help, I was referred to a treatment program”

“I can honestly say I am a healthier and better person”

“I hope that I was able to encourage other members as much as they have encouraged me”

“This is truly a gift”

“I have been highly blessed”

“I have the good fortune to have risen from the darkest moments of my life”

“My tragedy has turned into a blessing”

“I learned the lesson of hope and renewed faith”

“I have become a woman I am proud of”

“I am so grateful for this opportunity to change my life for the better”

“The past many months have been a journey that has changed my life”

“I feel stronger, wiser, more confident, and a safer nurse”

“Where there was only isolation and no joy, has turned into joy”

“You never gave up on me”

“That precious gift gave me the courage to persevere”

“I have learned to lean on others”

“I no longer isolate myself from my family”

“I did a lot of soul searching”

“I now belong to a spiritual group”

“I follow the principles of AA”

“Recovery has been a gift”

”The past many months have been a journey that has changed my life”

“I feel stronger, wiser, more confident, and a safer nurse”

“Attending AA and NA and Nurse Support Group meetings has given me a sort of network of support”

“My recovery means everything to me”

“I am so appreciative of everyone who shares their stories and gives me strength and courage to continue on a weekly basis”

“I have been given a gift that I am not willing to give up for anything”

“I feed my spirituality daily and therefore, feed myself”

“The groups have decreased my shame for being an addict, and have offered a great source of support”

“You never gave up on me”

# Quotes from Letters Reflect Spirituality

- Meaning and purpose
- Meaningful connections
- Sense of belonging
- Intimacy/bonding
- Supportive relationships (Spirit, self, others..)
- Gratitude
- Hope for the future
- Acceptance



# Pay Attention...to your inner Spirit

Spend more time with loving and encouraging family and friends

Go outside as much as possible

Reduce distractions (Phone, TV, Internet, News)

Observe your thoughts about the people around you

Look at art, listen to music, sing and dance

Participate in recovery community

Play .....Say YES!!!!!!!!!!!!!!

Be intentional about prayer and meditation

Find ways to “be” without having to  
“do” something





ALMOST EVERYTHING  
WILL WORK AGAIN IF  
YOU UNPLUG IT FOR A  
FEW MINUTES...  
INCLUDING YOU.

ANNE LAMOTT

**Carrie Newcomer**  
**Gathering of Spirits**

There's a gathering that's not certain, but it's such a fine thing

There's a gathering of spirits There's a festival of friends  
And we'll take up where we left off When we all meet again.

I can't explain it. I couldn't if I tried How the only things we carry  
Are the things we hold inside

Like a day in out the open,

Like the love we won't forget Like the laughter that we started And  
hasn't died down yet

Chorus .....

Oh yah, now didn't we

And don't we make it shine

Aren't we standing in the center of Something rare and fine

Some glow like embers

Or light through colored glass Some give it all in one great flame

Throwing kisses as they pass



Chorus .....

Just east of Eden

But there's heaven in our midst And we're never really all that far

From those we love and miss

Wade out in the water

There's a glory all around

The wisest say there's a 1000 ways The kneel and kiss the ground

Chorus.....

# Thank you for Listening

