

Spirituality and Recovery

Workshop Overview

A key aspect of addiction is that it represents the individual's attempt to heal perceived deficits through something outside the self. The source of this inner sense of emptiness is often a spiritual void. A centered spirituality enhances our capacity to fill the inner void, heal the wounds of our souls, and nourish our human striving for self-transformation. During this workshop, themes from various spiritual traditions will be discussed along with appropriate techniques for helping women turn their focus inward. These techniques include introspection, openness, taking responsibility for our choices, letting go, surrendering, and acknowledging that what we want is not always what we need. The idea that intimacy with others must be sought through intimacy with oneself is emphasized.

Workshop Topics

- Addiction as a symptom of a spiritual void
- Healing addiction through enhanced spirituality
- Spiritual traditions
- Techniques for enhancing inner awareness and spirituality
- Intimacy and spirituality

Workshop Objectives

- Understand the relationship between spiritual emptiness and addiction
- Compare the power of passionate love and addiction love
- Discuss the integration of spirituality and psychotherapy
- Explicate the spiritual aspects of recovery