

# Spirituality- Grace Restored

T. D. Hostikka, M.S., M.Div., LADC, IADC

Director of Clinical Services

Project Turnabout Centers for Addiction Recovery



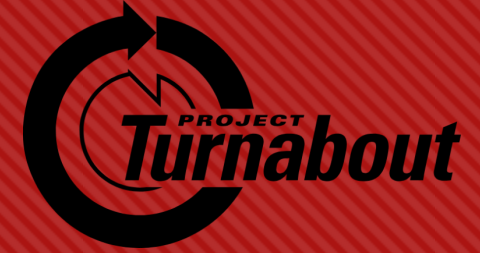
# Spirituality- Grace Restored



## ○ Introductions / Thirst Exercise

- [Robert Waldinger: What makes a good life? Lessons from the longest study on happiness | TED Talk](#)

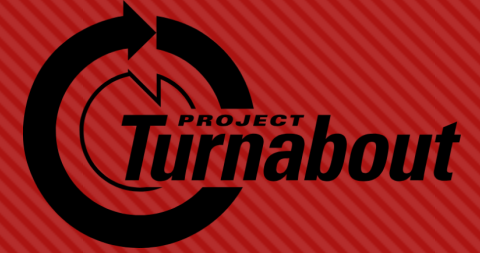
# Speaker Bio: T. D. Hostikka



- B.S. in Social Science- Developmental Psychology, Sociology | Washington State University
- M.S. in Behavioral and Mental Health | Capella University
- Post Grad Certificate Contemporary Theory Addictive Behavior | Capella University
- M.Div. Practical Theology | Regent University
- PhD (ABD) Forensic Psychology | Walden University

Over 15 years in the addictions field both as a clinician in residential and outpatient settings, and as a Director of Residential Services, and now Director of Clinical Services. Research in Methamphetamine specific treatment and served as a speaker in many conferences and meetings throughout the Midwest and United States.

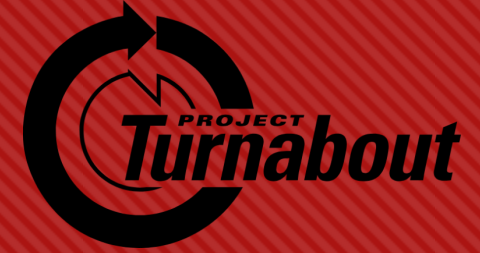
# Spirituality- Grace Restored



## ○ Outcomes

- Understanding our meaning and purpose envisioned by our Higher Power
- Understand the language of grace and forgiveness
- Understand behaviors that lead to a downward spiral toward destruction
- Understand the change process and be able to put words to this process

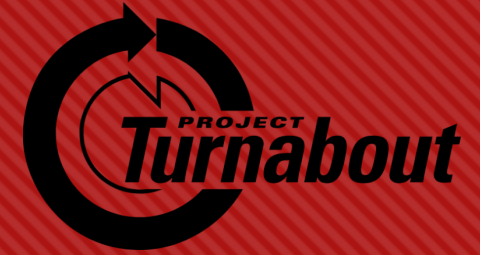
# Spirituality- Grace Restored



## ○ Disclaimer:

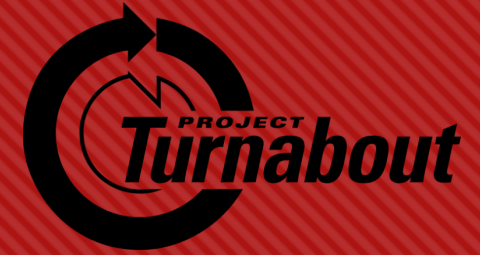
- When working with clients in this field we do not force any belief system. The objective of this presentation is not to impart or hurt any sentiments or be biased in favor of or against any particular person, society, gender, creed, nation or religion.

# Spirituality- Grace Restored



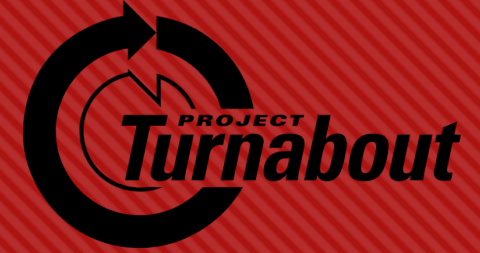
- The following saying may help you with the concept of spirituality: “A human looking for spirituality is like a fish looking for water.” When you add willingness, honesty, and open-mindedness, you cannot help but have a spiritual awakening.
- The Big Book talks about a person having a “spiritual experience” or “spiritual awakening” this way: “Quite often friends of the newcomer are aware of the difference long before they see it in themselves”.
- Caution that this newfound spirituality does not guarantee \_\_\_\_\_

# Spirituality- Grace Restored



- In our holistic model of addiction and recovery, the spiritual dimension is essential.
- Addiction (Not just Substance Use Disorder) can be described as a process of looking outside oneself in order to obtain something to fill an inner void, something that will make one feel whole and complete.
- While we in this room understand that people can develop addictions to all kinds of things, we also recognize that none of them can fill the emptiness that can be referred to as a spiritual void.

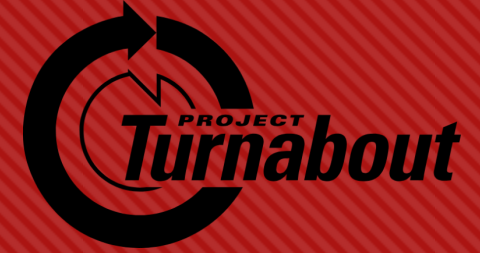
# Spirituality- Grace Restored



- Let's understand that people all learn differently. I urge you to utilize the resources available to you in which to reach your client. I will utilize written and spoken word, technology (YouTube, Rightnow Media), etc. all in an attempt to augment or reach our clients in a way that resonates and is impactful.
- When talking about forgiveness, I may use one of many videos. Such as Noomas Luggage with the goal to bring home a message and start some real dialogue.
- 07 Nooma Rob Bell LUGGAGE 007 - YouTube

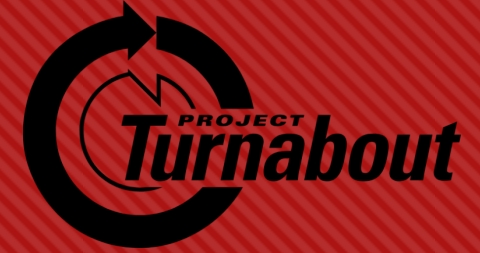


# Spirituality- Grace Restored



- Carl Jung one of the great psychiatrists of the 20<sup>th</sup> century, understood the human thirst for wholeness. In a letter to Bill Wilson, a co-founder of *Alcoholics Anonymous*, he referred to alcohol (Latin *spiritus*) as the alcoholic's substitute for a true quenching of the spiritual thirst.
- We are defined by the relationships in our lives. Addiction is a disease of isolation; one cannot recover in isolation. In recovery, change occurs as a result of building healthier relationships.
- Recognizing we cannot do this, **this** being recovery alone.
- Recovery is in community, often times self care is in community, shared with someone else.

# Spirituality- Grace Restored



- Religion without true spirituality is about hierarchy, dogma, and rules. In religion, people may recount others' spiritual experience (hype, and judgment) rather than creating an environment in which man or woman can have their own spiritual experience. In Practical Theology religion is about relationships. Whereas religion without relationships can be viewed as ritualistic:
  - This can bring back trauma, shame, guilt. All barriers to recovery.
  - What are other barriers with spirituality, a higher power when working in this field?
  - Share ideas on whiteboard, brainstorm potential solutions.

# Spirituality- Grace Restored



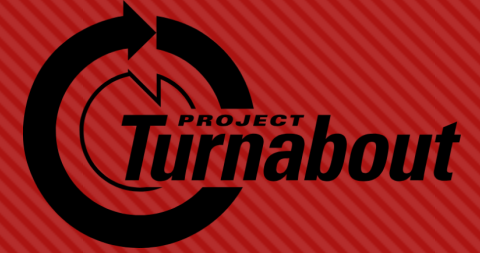
“Spirituality is more a journey than a destination, so we embark on this journey with our client, and while we may know our client doesn’t always fully understand what he or she is searching for.”

Tom Brady

There are certain behaviors and attitudes that promote spirituality.

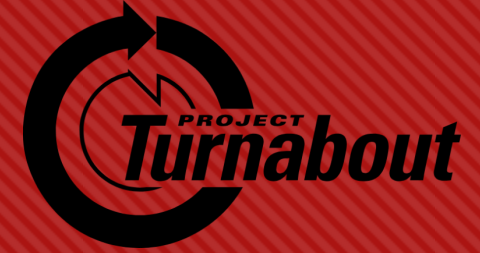
With any journey or road trip we need a destination, we need a map so in selfcare we need an idea of where we are going, as well as who we are going with.

# Spirituality- Grace Restored



- Spirituality, Religion, and Addiction.
  - For some people, discomfort with the concept of spirituality is really discomfort with religion as they have observed or experienced it. While some have had positive experiences with the church and religion others have not.
  - Churches are good at Marriage, sickness, death. For in these cases, they have a Plan A, a go-to-plan. Churches struggle with divorce, teen pregnancy, illicit behaviors and in some cases addiction. They do not have a plan B.

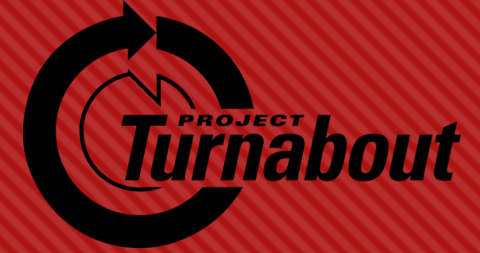
# Spirituality- Grace Restored



- In true spirituality, the important thing is your own direct experience of what is central in the universe- your own relationship with a universal power, whether you call it God, Allah, Buddha, the Great Spirit, a higher power, or something else.
- In fact, there does not even have to be another “power” involved. Many atheists and agnostics have found recovery.
- Atheist- someone who does not believe in a supreme being.
- Agnostic- someone who is unsure whether a supreme being exists.

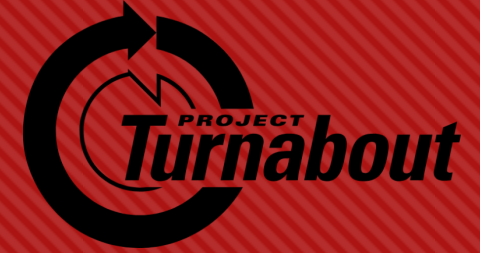
An important note, This is an opportunity where we can learn from the client, this demonstrates respect and builds a mutually beneficial rapport.

# Spirituality- Grace Restored



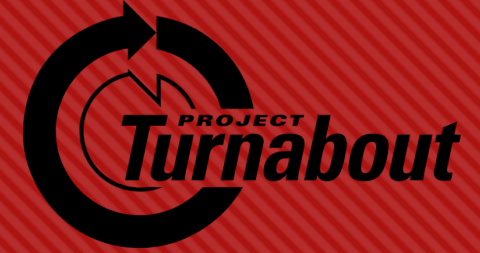
- Now let's look at the connection between spirituality and addiction.
- Addiction is as much a spiritual disease as a physical one. Many psychologists are concluding that all humans have an inborn desire for God or a Higher Power or "wholeness" as a connection to what is most real and meaningful. We have spiritual voids inside us that we are thirsty to have filled. (More on that later).
- We know that there is something more than what we have. But our world encourages us to look at things (achievement, possessions, approval, sex, status, or alcohol, and other drugs).

# Spirituality- Grace Restored



- Men and women in recovery have discovered that one of the greatest tools to help them fill the spiritual void is being of service.
- Many have said that we experience true spirituality through our relationships with other people and in community. Service means helping other people, organizations and/or good causes.
- People genuinely have these traits and abilities, in sobriety, it is simply a matter of using them in the right ways.

# Spirituality- Grace Restored



- When working with clients in the realm of Spirituality, I work with clinicians in the areas of forgiveness, using the Nooma- Luggage that we watched earlier and then moving towards:
- Forgiving yourself, prior to asking for forgiveness knowing that your higher power has all the capabilities of forgiving and forgetting.
  - Humans, however, are not wired to forget.
- There is a focus on reducing the power of not forgiving others, and giving something or someone the power (often unknowingly) as a reason to use, or relapse.



# Spirituality- Grace Restored



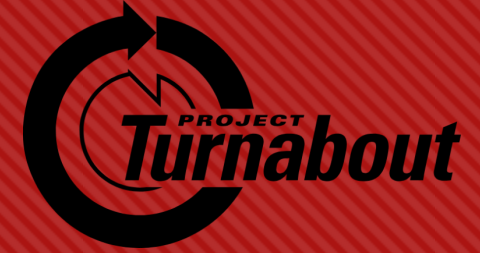
- The next area of focus that clinicians will bring to clients, is the restoration of voice, and priorities.
- Priorities- is best referred to as YOUR Starfish, rather than shell fragments.
  - There is a Nooma video Shells that really sets up priorities for our clients.

# Spirituality- Grace Restored



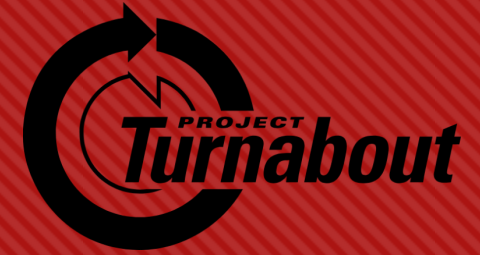
- There are so many other areas that we can discuss, I am going to focus on two important areas that we focus on here.
  - Communication
  - Gratitude

# Spirituality- Grace Restored



- There are differences in the ways men and women communicate, and there are important nuances that we must delve into in order to assist the client in moving from isolation to learning how to have a conversation that demonstrates real recovery.
- I use the acronym F A N O S to teach clients and families how to walk through real communication.

# Spirituality- Grace Restored



## ○ Rules of **F A N O S**

**F** Feelings

**A** Affirmation

# Spirituality- Grace Restored



## FANOS

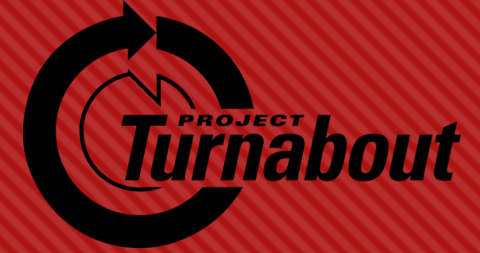
**N** Needs

**O** Ownership

**S** Sobriety / Switch

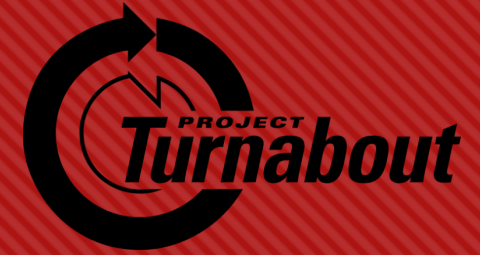
Communication is the foundation of restoring relationships

# Spirituality- Grace Restored



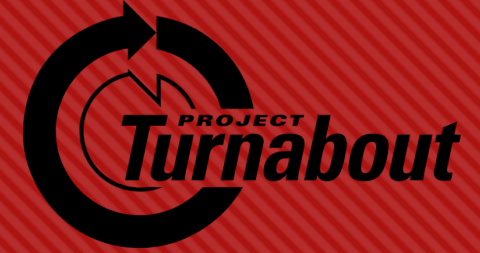
- Gratitude
- I want to talk about gratitude now, when clients first come into recovery, most do not feel a lot of gratitude.
- Gratitude is a discipline in Richard Foster's Celebration of Discipline: The Path to Spiritual Growth he talks about the inner resources to replace deep, destructive thoughts and habit. He mentions moving to live a life of gratitude and we seek fulfillment of serving others.

# Spirituality- Grace Restored



- We can choose to be grateful in any moment, In Earl Witts 2<sup>nd</sup> Degree Change he discusses making small changes, having the ripple effect on behaviors. Gratitude will and gratefulness is said to be one of the most important tools for recovery.
- To establish an awareness of gratitude you can have clients develop a Gratitude List, there are ten spaces, and the client is to early on in recovery try to fill as many of the spaces as possible, keeping the list for reference later, then as later comes, give the client a fresh sheet and have them re do the assignment and in a one – one session compare the 1<sup>st</sup> from the most recent.

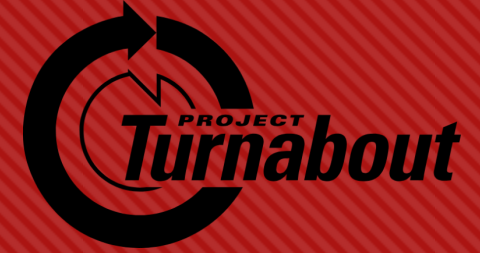
# Spirituality- Grace Restored



- Concluding remarks. . .
- The core of your life is your purpose. Everything in your life, from your diet to your career, must be aligned with your purpose if you are to act in coherence and integrity in the world. If you know your purpose, your deepest desire, then the secret of success is to discipline your life so that you support your deepest purpose while minimizing distractions and detours.
- Today we discussed; Spirituality vs. Religiosity, Forgiveness, Service, Priorities, Communication and Gratitude.



# Spirituality- Grace Restored



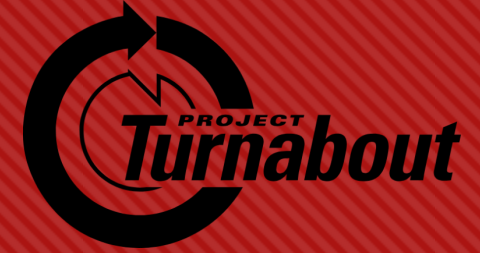
- I believe that each of you came here today for a reason, I cannot begin to understand what it is or how you will use what you learned today for service and a higher calling, but I truly believe one or more are there and you will use your abilities to serve others as they begin their foundation rooted in sobriety and recovery.
- Thank you.

# Spirituality- Grace Restored

Questions?



# Spirituality- Grace Restored



## REFERENCES

*Alcoholics Anonymous: The story of how many thousands of Men and Women have recovered from Alcoholism (4<sup>th</sup> ed.),* by Alcoholics Anonymous World Services, 2001.

Covington, S., Dauer, R., & Griffin, D. (2022). *Helping Men Recover*. Jossey-Bass, San Francisco, CA.

Foster, R.J. (2018). *Celebration of the Discipline: The Path to Spiritual Growth*. Harper Collins.

Witt, E. (2022). *2 degree change: How a minor shift in vision and action create your powerful new life*. Amazon books.