

37th World Summit on Positive Psychology, Happiness, Mindfulness & Wellness

April 29, 2024 | Paris, France

Volume : 13

Spiritual Healing for Addiction: Helping clients rise in their recovery

Kimberley La Farge Berlin,

LCSW, CSAC, MAC, IFS3; USA

Statement of the Problem: Relapse rates for substance abuse treatment continue to remain in the 70percentile, despite decades of research, effort, and the use of various modalities. It is time to take a look at alternative evidence-based approaches that may hold the answer to long-term recovery.

The future of our ability to help clients and communities may well reside in embracing a spiritual model that could result in significantly different outcomes. While “spirituality” is a broad concept, we have formidable evidence-based research supporting its efficacy for alcohol and substance use disorders. Much has been written about spirituality and healing the brain. Little has been written about how spirituality can heal the brain from addiction. Understanding the connection between science and the human spirit casts new light on treatment outcomes.

Theoretical Orientation: This presentation examines how a spiritual approach to recovery is supported by findings in neuroscience. Examples of fMRI scans show changes in the brain as spiritual practices are used. Research-based models of spiritual approaches used in recovery are explained through the lens of neuroscience. Specific research-supported practices of mindfulness, breath, and mantra are examined.

Conclusion & Significance: Science is now proving what spirituality has been speaking to for millennia. When we help clients connect to their “Self,” we can help facilitate the experience of a transcendent dimension of personal awakening. We can help them to “Rise in Recovery.”

Biography

Kimberley La Farge Berlin, LCSW, is an Integrative psychotherapist and Level 3 IFS practitioner specializing in addiction and trauma. She has been providing expert clinical, consulting, and training services worldwide for the past 20+ years. Her approach is grounded in spiritual traditions, merging ancient wisdom with modern neuroscience. She is the author of “Rise in Recovery: The Spiritual Path for Healing Addiction” (2024).

Kimberley.berlin@gmail.com

Abstract received : August 02, 2023 | Abstract accepted : August 03, 2023 | Abstract published : 04-05-2024