



Spiritual Therapy: The Analysis of Spiritual Model of Addiction Prevention and Quitting

Ali Mohammadi*

Department of Psychology and Counseling, Payam Noor University, International Center of Assaluyeh, Iran

ABSTRACT

This is a descriptive analytical study in which a comprehensive model based on spirituality was suggested after comparing several addiction prevention and treatment models. We conducted literature searches utilizing ten search engines, namely Medline PubMed, Magiran, Google, Noormags, SID, Iranjournals, Psych INFO, ScienceDirect, Springer and ProQuest under the terms Spiritual Therapy or Spiritual Model and Addiction treatment models.

Keywords: Spiritual model; Addiction; Treatment; Prevention

INTRODUCTION

Considering the daily increase in the statistics of addiction in a country with a rich cultural and religious background and with regard to the importance and sensitivity of the issue, and the emphasis of the most addiction professionals on multidimensional causes of addiction diseases, the current research was conducted with the aim to suggest and analyze dimensions of the comprehensive spiritual therapy model for addiction quitting [1,2].

RESEARCH METHODOLOGY

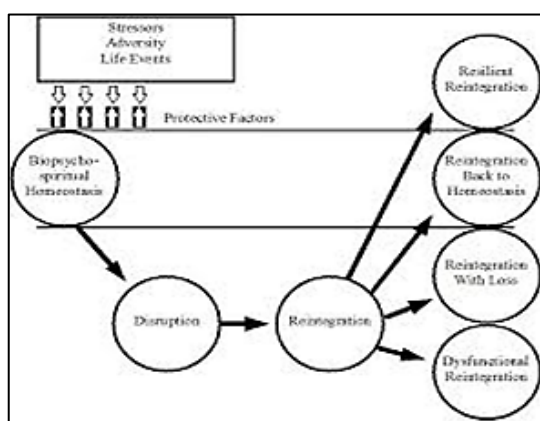


Figure 1: The resiliency model

According to this comprehensive model, human being has fundamental factors including physical, mental and spiritual structures. If these structures conflict with environmental ones, three levels can be depicted and imagined:

1. Biological, mental and spiritual factors dominate environmental pressing factors including life events such as death of loved ones, losing a person of interest, or any other event, and life progresses [3].

2. Biological, mental and spiritual factors are placed on an equal level with pressing factors in terms of the amount of power, and thus life becomes stagnant. Though the problem is not acute at this stage, no progress will occur in life [4].

3. Pressing factors dominate biological, mental and spiritual factors, and therefore, person's life is destroyed and ruined. But, this destruction is removable. Therefore, according to this model, man is not a passive involuntary creature who is not able to cope with problems, but he is a creature who can grow and adapt to anything again. This growth and adaptation require integration and re-coherence. This coherence occurs in four ways: (resilient coherence, coherence together with balance, coherence with loss, deficient coherence). According to this model, pressing factors have dominated the addicted person and a deficient coherence has been formed in re-establishing coherence. Such a person cannot form coherence together with resilience unless he/she strengthens the following component in him/her:

1. Preparing his/her physical structure using diet, pharmacotherapy, and proper physical activities.

2. strengthening his/her psychological structure using psychotherapy and training life skills, life style, increasing tolerance against problems.

3. Preparing himself/ herself to encounter problems in terms of spirituality and factors such as happiness, hope, mental comfort, optimism, faith, ethics, self-control, intellectualization, creativity, appreciation, generosity, humility and dreams (Figures 1 and 2).

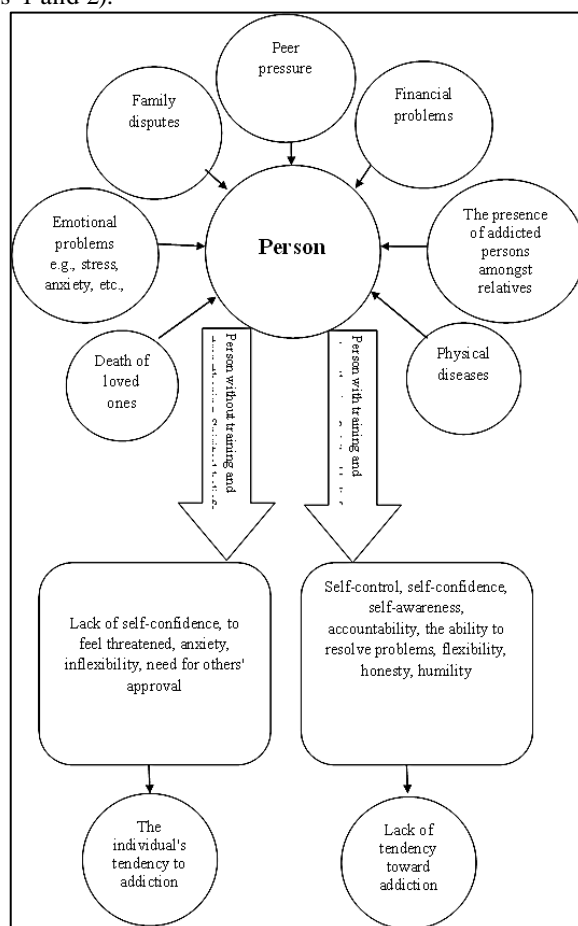


Figure 2: The spiritual model of controlling factors affecting addiction (addiction prevention)

CONCLUSION

If such concepts are taught in therapeutic centers, that is God and spirituality, and how is the relationship between people taking these drugs with these concepts in life, it can be expected to live among numerous superstitions and wrestle with different problems and not get injured. To put it differently, in this way, coherence together with progress can be expected.

REFERENCES

- [1] Mohammadi, Ali. Comparison of dysfunctional attitudes and Spiritual Intelligence in normal individuals and addicts: Addiction treatment center of assalouyeh, *Journal of Chemical and Pharmaceutical Research*, 2016, 8(1):196-199.
- [2] Mohammadi, Ali et al. Comparison of Quality of Life of Addicts and Non- Addicts (in assalouyeh City), *The Journal of New Advances In Behavioral Sciences*, 2016, 1(2).
- [3] Richardson, E. Glenn. The met theory of resilience and resiliency, *Journal of Clinical Psychology*, Vol. 58(3), 307-321.
- [4] Mohammadi, Ali. The Effectiveness of Teaching Spiritual Strategies (Prayer, prayer, forgiveness, altruism, patience, trust, thank and praise) on Attitudes toward Marriage among married students of Bushehr University of Medical Sciences, the first National Congress of the Healthy Family. Iranian Counseling Association, 2016.