

## **Role of Spiritual psychotherapy among substance abuser and normal individuals.**

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### ***Abstract:***

*With the advent of positive psychology, society fosters us in building and promoting good character where children and youth of families possess a main goal to flourish themselves even when they undergo emotional and behavioral problems. Substance abuser might not experience well-being, contentment and satisfaction, hope and optimism or any flow of happiness like that of normal participants. Through this psycho spiritual therapy these disturbed individuals try to make life worth living, they try to focus on aspects of the human condition that lead to happiness, fulfillment and flourishing situations. Abusers try to contribute themselves to a variety of pro social behavior when confronted with spiritual psychotherapy. Human being when they understand their strength and weaknesses can actually prevent or lessen their stress or dependency on abusive substances and alternatively persuade protective aspects in terms of psychological and physical health. In this present paper some areas were highlighted to understand and analyze the difficulties and interventions that the substance abuser considered in the present study as well as normal individuals taken into consideration.*

**Key words:** Spirituality, spiritual psychotherapy, positive psychology, addictions, Substance abuser.

**Introduction:**

**Spirituality** as a dimension of well-being describes the experience of being in harmony, the integration of inner and other. Through the concepts of positivism ,spirituality wellbeing have been studied and referred to as distinct units however on the whole all these aspects integrate in a highly complex as well as delicate way to produce the eternal bliss and also paves the way to such a path where one may raise the consciousness to a deeper level. Spiritual experiences are deeply felt, even life-transforming. Like an encrypted message, the meaning of the experience may not be immediately apparent, but this only adds a sense of mystery and awe, which furthers the feeling of spirituality. Psychologists have known for some time about human resilience and the fact that positive outcomes can grow out of negative experiences. Facing and overcoming challenges is an important impetus for personal growth and development. Individuals who involve themselves in prolonged use and abuse of substances (alcohol, cocaine, and/or opiates) can often negatively affect the mind, body, and spirit of those individuals who use them, and progress into dependence and addiction. In order to effectively intervene, these same domains (mind, body, and spirit) must be addressed during treatment, and be part of the ongoing education and clinical supervision to treat them effectively. The term search for the sacred is a widely accepted description of spirituality. In 2000, Hill et al. defined spirituality as “the feeling ,thoughts and behavior that arise from a search for the sacred”. Pargament and Mohoney (2009) also defined spirituality “as a search for the sacred...” and elaborated, “People can take a virtually limitless number of pathways in their attempts to discover, conserve and transform the sacred”(p.612).These pathways to the sacred also may be described as spiritual strivings ,which include personal goals associated with the ultimate concerns of purpose, ethics and recognition of the transcendent (Emmons, Cheung & Tehrani ,1998).Through spiritual psychotherapy significant improvement of the addicts have been seen from the study. Length of sobriety among the addicts has also been positively associated with spirituality (Carter, 1998; Poage et.al 2004).

This phenomenon of substance abuse is not a new concept , and human being also seek to alter or change their feelings and emotions during the course of spiritual psychotherapy. If human psychological suffering and difficulties in tolerating suffering, as well as emotional and behavioral dysregulation, are at the heart of addictive disorders, and no treatment is complete

without empathically understanding what addictive drugs do for and to a person to make addictive substances and behaviors so captivating and compelling.

Individuals with these addictions usually try to relieve themselves from suffering and pain, and helping these individuals by providing them effective treatments with the hope of giving them relief without the use of drug becomes challenging. The role of Spirituality can sometimes play a key component of that understanding, which we need to include in treatment. The concept of spirituality has been around for a long time, has had varying definitions and interpretations, and has played a role in many people's lives. In ancient Greece, Spirituality was looked at as therapy, a place where people went to when in pain and distress to seek to mend their brokenness and to seek soothing relief (Kurtz E, Ketcham K, 1992). Others have described it as a fundamental human drive for transcendent meaning and purpose that involves connectedness with oneself, others, and an ultimate reality. One common translation for spirituality is that it is our breath, our life or essence, it is who we are. Spirituality has played a major role in self-help recovery programs and the treatment of substance use disorders (addictions) for a long time as well.

## **METHODOLOGY**

**Method:** The present study primarily aims to describe the qualitative description of the behavior and events observed. The investigators collected data in the form of some narrative description for understanding and deriving necessary interpretation about the quality of the behavior and characteristics of difficulties observed.

### **Sampling:**

Demographical features: A purposive sampling is used which is valuable sampling type for special situations. In the current analysis ten male participants of substance abuser and 10 male participants for normal group were selected from middle socio-economic strata, currently at their middle age group from 35 to 45 years, preferably married participants. For the desired collection of data, techniques involved was telephonic interviewing / via e-mail based on good rapport and close contact of the researcher with the participants.

**Tools:**

A content analysis technique was used to examine the content or information and symbols contained in written documents or other communication media (/telephonic conversation/ e-mails). So here, to conduct a content analysis, investigators identified some negative and positive body of materials to analyze and then created a system for recording specific aspects in a systematic way. It uses the judgment of an expert selecting cases with specific purpose in mind. Latent coding system (semantic analysis- look for the underlying, implicit meaning in the content of a text) was used to interpret the current psychological crisis also the record of psychotherapy through spiritual psychotherapy which help them to restore positive emotions and preserve the health of both mind and bodies, that people are undergoing when they are under substance abuse as well as normal individuals.

**Procedure:**

In the present study the normal participants were selected by close contacts and the substance abuser from a non-profitable organization .Initially participants were considered as substance abuser consuming brown sugar , alcohol , injected drugs user , ganja .Normal participants were contacted over telephonic interviews / via emails as because social distancing need to be maintained but for abusers they were interviewed physically. The nature of the study was explained properly to the participants and at the same time it was also mentioned that the information would be kept confidential. A lot of emotional expressiveness both positive and negative outlook seemed to influence an individual's life. As the present study emphasized on qualitative research, content analysis method had been used to collect the data and interpreting the texts or content received or recorded from the participants.

**Discussion**

Every human being focuses on the different facts of the problem and also shares solution to develop a meaningful life and emphasized on self-realization .The science of psychology has been far more successful on the negative than on the positive side. The addicts to substance like brown sugar in the present study tried to addresses positive understanding along with effective interventions for thriving individuals, families and communities. At the time of spiritual counseling the brown sugar addicts showed inclination towards positive relationships and

institutions and tried to achieve universal well-being. There are individual who are occasionally alcoholic feels distressed and feels guilty for their act and want to quit, expresses soft attitude towards love, faith and serenity when they were counsel to enhance their well-being and happiness. Generally brown sugar addicts become aggressive towards their close ones resulting in frustration. At times all their resources like physical, psychological and financial seemed to fall apart. Through spirituality individuals learnt a lot on how to practice and implement serenity prayer to gain mental strength to back to new normal and to restore psycho- social equilibrium. These individuals showed a lot of dilemmas and conflict. They try to explore time to resolve his approach/ avoidance conflict. These brown sugar addicts become passive in their lifestyles and cannot even initiate their work properly. Psychologists have been increasingly focused on promoting mental health rather than merely treating them. Through spiritual guidance individual can undergo assertiveness therapy. Role of spirituality can be appropriate for formal treatment that can help the addicts to become aware of their self-worth and strengthens their potentials.

Alcoholic individuals feel depressed and doomed all over the times .Sometimes disrupts relationships and a lot of changes in their life seemed to happen. Even exploring love and happiness they feel dissatisfied. These individuals recourse to alcohol again and again .Through spiritual counseling they were taught that things that happened cannot be changed, reduction to consume alcohol is advisable. Through spiritual guidance developing their potentialities and enhancing self worth is explained to bring positive meaning in their life. Sometimes people were helped to identify their creativity and get inspiration to do those activities that soothe the psyche and emotions. At times some of them even reveal anxiety, conflict and defenses which were transformed and sublimated. Even people do not recognized the holistic and integrated body of knowledge .If people can make life worth living , as well as carefully delineating the areas where we need to do more than they can gain new meanings in life and can start a positive features that makes life worth –living in their new journey. Along these preaching individuals with alcohol addicts were also taught to learn life-skills. Gradually they can find content and satisfied and serenity in their life. The findings of Bhagavad Gita-nothing is lost from life was explained to him again and again and finally he has gained strength.

Whatever has happened is for the good.

Whatever is happening is good too.

Whatever will happen is good too.

What have you lost that you are crying over?

What did you bring with you that you have lost?

Those client/addict who uses different drug like Buprenorphine, an injecting drug user (IDU) and morphine injection usually express aggression towards the external world. These users think that life has no meaning and project aggression on themselves by taking recourse to injection and self-harm. During psychotherapeutic session client were given a chance to role-playing, a practice which allows them to feel more confident in their situation, reduces anxiety, and prepares them to deal with difficult situations or questions. Role-playing can also provide insight into what others may feel about a situation. Acting out scenarios can help them to identify ways in which people may respond to situations and create new approaches to particular events. It can also serve to identify behaviors that may be counter-productive or find the most effective ways to handle situations. It is a source of venting out pent up emotions which can give the client relief and they became trained to live the life meaningfully. At times these addicts suffer from critical physical illnesses and can become bed ridden due to this intra-muscular and intravenous injecting. Sometimes people get addicts due to some traumatic life events, gets highly depressed along with an existential crisis. In the therapeutic session the psychological implications of Bhagavad Gita were taught - the marvelous mystery of the universe, nothing can be lost-intense activity and calmness is there. Only thing that is permanent in life is change. With this preaching some of them can perceive themselves in a newer identity, in a newer form. They were made to believe that everyone has to do their work but the results are not in their hands.

Whatever you have got, you have got from here.

Whatever you have given, you have given here.

What belongs to you today will be another's tomorrow.

The day after tomorrow it will be someone else's.

Change is the universal law.

Finally ganja addicts gets pleasure and fun while taking them. There might be a negative effect that can results in hallucination and delusion. Normal course of activity generally gets hampered. Lack of attention and concentration seemed to prevail. When given spiritual support at a subjective level, individual value the subjective experiences and can develop well-being, contentment, satisfaction, hope and optimism for the future. Individuals enthusiastically try to establish newer emotional bonds with family, relatives and friends. Through the help of therapist they try to build positive traits and try to contribute to a flourishing or optimal functioning of people, group and institutions removes and move forward. Addicts of any types from the above results showed that every individual want their life on the healthy path of recovery. Spiritual counseling for addiction can dives deeply into their soul to achieve spiritual, emotional, and physical balance. On the journey of spirituality, most of the addicts can learn about their true self and can also find lifelong healing which can fill in the gaps in life's voids. Spirituality reminds patients there are loving forces bigger than themselves that can positively impact their recovery and continued sobriety and there is no risk of adverse impact for patients. This process is something which gives the facility to heal the mind, body and soul.

Comparing the addicts with the normal individuals, every human being focus on optimal functioning ,flourishing and happiness and also consider that everyone will not only experiences something desirable or have some idyllic life in which life seems to be wonderful. No life is without turmoil, disappointments, conflicts and setbacks. Individuals even feels contended and satisfied by doing their routine activities, engaged themselves in a routine of yoga. Many valuable lessons can be learned in the trenches of life's hardships. Sadness also niggle because some kind of sad news are also interconnected with an individual life events and emotions, various stray memories come rushing back to one 's mind.

Normal individuals in spite of getting addicted like the addicts during stress and difficult situations try to develop life interest by connecting everyone with something bigger than one self. For normal individuals importance of meaning in life reflects the facts that humans are meaning makers in the sense of seeking the broad , deep, and enduring purposes in life. Sense of achievement is something which can bring meaning to one's life. It need not be materialistic – but anything for which they have to worked hard. It may be reduction of body weight or playing a perfect tune on the violin or working and contributing for the needy and marginalized people of

the society, happiness, peace of mind, success and family. The recognition is an added icing on the cake which makes it sweeter.

We also learn that every day is unaware of the reality so there can be a lot of dilemmas occurring in one's mind, sometimes caused while taking major decisions. Normal individuals can certainly feel that moments are plentiful in daily life. In fact the potentials that each moment holds is reflected in the thoughts, feeling and physiological forces connected to each moment. They usually feel that there are opportunities for engagement in different positive activities for overcoming the negative moments in one's life. The normal participants encourage themselves to make choices and to take care of their family despite of facing challenges in their personal or professional life. They do not engage themselves with any kind of substance abuse as they feel to be blessed with the other supports that they give importance.

Normal participants enhances their wellbeing which is based on goal research, long term happiness may be possible when they try to pursue their goal that match or fit with personal characteristics, some are autonomously chosen like taking care of the fitness, reading books , spending time with very close ones, involving themselves in academic and research activities even exploring the ground and practical realities of the society and nature. The participants have a positive attitude towards self and others .They usually feels positive about their present and future life. They are optimists in managing themselves as well as make effective use of surrounding opportunities. Participants negotiate their self in difficult situation by believing that what will happen is their own destiny. Hence, as long as we don't blame the surroundings, we can be happy with the outcome. Agreeing the ups and downs, self advice, motivating own self, being productive and they feel that they have to wait and put their best efforts and need not give up. A natural phenomenon of boredom and monotony may contribute to represent a potential barrier in one's life.

For normal individuals role playing seemed not to be an effective method for overcoming criticism, defensiveness and contempt. With due course of time they can accept the pride in other person's activities, can express feeling of trust and commitment, can acknowledge other person's concern. Without getting dependent on substance these individuals make adjustments and attribute their knowledge and exchange mutual acceptance and respect, thus developing an optimistic view of the future.

Now when we glance at someone in everyday behavior we can evoke thoughts about spirituality. Spirituality is associated with mental health, managing substance abuse, marital functioning, parenting, coping and mortality. The pathways to the sacred also may be described as spiritual striving, which include personal goals associated with the ultimate concerns of purpose, ethics and recognition of the transcendent (Emmons, Cheung & Tehrani ,1998)

### **Conclusion:**

Our evolutionary heritage and life learning have given us the capacity to experience a rich array of emotions. We can feel sad, happy ,anxious ,surprised ,bored , exhilarated, scared ,disgusted ,disappointed ,frustrated and feel the bittersweet combination of both sadness and joy .People with substance abuse evaluate their emotions in a negative form which refers to emotions such as anger ,fear, sadness , guilt, contempt and disgust. Irrespective of negative emotions positive psychologists typically measured normal individual's emotional experiences in terms of both positive and the negative affective dimensions. Both positive and negative affective experiences are significantly related to measure of personality and well-being.

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