

ISAM'S SPIRITUALITY INTEREST GROUP

Charge

ISAM has designated certain Interest Groups in order to develop key areas of interest to its members, and has now initiated an Interest Group to address the issue of spirituality with regard to addiction illness and recovery. This was undertaken because of:

- (1) the Society's definition of addiction, manifest in "biological, psychological, sociological and spiritual dimensions."
- (2) the diversity of our members' cultural backgrounds that merit attention to the nature of spirituality in their respective national settings.

Definition of Spirituality

Spirituality can be defined as that which gives people meaning and purpose in life¹. For some, it can be achieved through participation in religion. For others it can be broader and include involvement in altruistic or creative aspects of one's cultural background, such as engagement with humanism, the arts, or nature.

Areas of Focus

We will address different aspects of spirituality which have been explored in both practice and research. Some examples are:

- (1) Clinical Issues: These have been the focus of descriptive study², analysis of mediators of drug use recovery³, and behavioral addiction⁴.
- (2) Cross-cultural studies: Application of recovery approaches are found in diverse national settings⁵, among treatment professionals⁶, and in religiously oriented programs⁷.
- (3) Biology: Recent imaging studies have been undertaken to ascertain neurophysiologic concomitants of spirituality in relation to addictive disorders and their treatment^{8,9}.

Organizer

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