**Helene H. Loper**, DMin, CRSS.

**Incorporating Spirituality in Treatment Programs**

**Presentation Description**

Helene has taken her years of experience in pastoral care nurturing faith development and her time working her own recovery program in the 12 Step tradition to create therapeutic discussion groups about recovery spirituality suitable for treatment programs. She does these groups as a volunteer as part of the clinical groups cycle at the START Program, an adolescent female inpatient treatment facility that serves all of Alabama. Drawing from the premise of the 12th Step, “Having had a spiritual awakening,” her approach is based in best clinical practices with an understanding of human development showing how clinicians can engage in spirituality topics without becoming religious. Actual group ideas offer expanded ways to think about the relationship of spirituality and recovery. They are presented in a practical and engaging format for all ages and are available for CRSS use in her book, *Incorporating Spirituality in Treatment Programs.* For those who may already have this resource, the revised edition (publication due in 2023) has new chapters and added insights which will be included in this presentation.



PS: If you plan a sponsor tree retreat or other recovery gathering, some of these activities are great ideas for use with your support and recovery network. Our own spiritual awakening must be nurtured to have a good foundation for effectively carrying a clear recovery message in our experience, strength and hope.

**Presentation Objectives**

* Gain an overview understanding of faith development as it relates to human developmental theories.
* Gain insights into how spiritual principles work in recovery processes.
* Learn ways to creatively use proven clinical best practices to engage clients in group discussions and activities around spiritual principles of recovery.
* Learn terminologies and methods for creating mutually respectful dialogue about spirituality (not religion) in therapeutic groups.

**Helene H. Loper, brief biographical information**

Helene grew up in Tuscaloosa and returned there in 2000 as a pastor of a small church. She has 17 years clean and 30 years of pastoral experience in the Christian tradition. She has two married children and three grandchildren. Her wife of 20 years is Susan Lowe, a certified addictions counselor and now also the site coordinator at the START Program in Fayette. After Helene completed her Doctor of Ministry in 2010, she volunteered to develop and do these spirituality groups at START. She is also involved in nonviolent change movements and interfaith groups and has developed educational materials and presentations on topics in these areas. Her leisure interests are traveling, hiking and swimming, creative writing, yard work, her cats and working puzzles.