

ABSTRACT

In this bachelor's thesis, I examine the impact of spiritual experience on addiction treatment for Christians. The theoretical part includes the definition of terms such as spirituality (Christian spirituality), spiritual experience and spirituality in relation to addiction treatment.

I draw on the bio-psycho-socio-spiritual model of addiction, where spirituality is considered an important component in its treatment. There are people who have had a profound spiritual experience and it has positively impacted their addiction treatment. Describing and analysing spiritual experiences in the context of addiction treatment can help improve the quality of addiction services.

The aim of this paper is to describe the spiritual experiences of selected people with addiction and their subsequent impact on addiction treatment. In addition, it will specifically compare their motivation for treatment, the treatment received, and the development of addiction in relation to spiritual experiences.

The research population consists of six people with addiction syndrome, over the age of 18, who have had a spiritual experience. Respondents are abstinent or have managed to abstain for at least 5 months. The spiritual experience should be subjectively considered by the respondent as a spiritual experience and should not be intentionally induced by psychedelics or other addictive substances.

The selection of the respondents was self-selected in the Christian community where I am based and was based on their volunteering. The conditions for being able to participate in the research were as follows: the respondent has an addiction syndrome and at the same time has had a spiritual experience in his/her life. I conducted a semi-structured interview with them with questions about their addiction, spiritual experience and addiction treatment.

The results show that spiritual experiences played a significant role in the respondents' motivation for treatment and abstinence. Many times they were the initial impetus for change and then support during treatment. The analysis indicated associations between type of treatment and spiritual experiences. Respondents sought help through self-help, inpatient treatment and Christian communities. Various links between addictive behaviors and spirituality emerged.

The paper confirms the importance of spirituality in addiction treatment and the specific role of spiritual experiences as a motivating and supportive factor. It recommends for addictionology practice to reflect the spiritual needs and experiences of Christian clients.

keywords: spiritual experience, addiction, treatment, abstinence