

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** AD125

**Course Title:** The Discovery of Spirit in Recovery

**Prerequisite Courses:**

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and Community Safety

**Previous Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	<b>0.5</b>
----------------------	------------

### **Course Description:**

Central to healing from addiction is the rediscovery of parts of the self. This course focuses on the path of spirit in this journey of recovery/discovery, and how practitioners can integrate spirituality into their work with clients. It is rooted in a broad definition of spirituality as an inherent part of the self that seeks to know one's essence, purpose, and meaning, and to connect with self, others, and a greater whole that is often considered Mysterious or not fully known but that evokes faith. You will explore your own beliefs and biases related to spirituality, and how these impact your work. You will also examine and explore the intersection of addiction and spirituality, spiritual assessment, and spiritual resources and interventions, through both experiential learning and provision of tools for clinical practice. Finally, you will have an opportunity to renew and restore your own sense of spirit. Please bring something that symbolizes your understanding of spirituality, to be used during the day.

### **Course Goal(s):**

Participants will be able to discuss the relationship between spirituality and problem substance use and recovery, and how they can integrate spiritual practice into clinical work with clients to create opportunities for connection and meaning-making. By participating in experiential learning of clinical tools, participants will also have the opportunity to engage in spiritual self-care.

### **Course Learning Objectives:**

Upon successful completion of this course, the learner will be able to:

1. Discuss the relationship between spirituality and substance use.
2. Discuss current literature related to spirituality and healing and substance misuse treatment and recovery.
3. Introduce spirituality as an integral component of an integrated approach to working with clients addressing problem substance use.
4. Self reflect on their personal understandings, beliefs, and experiences of spirituality and identify how these may impact their work with clients.
5. Integrate spiritual assessment in their practice.
6. Employ effective spiritually focused interventions to build and enhance connection and meaning in clients' lives.

**Course Topics/Content:**

- Defining spirituality
- Exploring the relationship between spirituality and substance use
- A brief overview of current literature on spirituality and healing and substance misuse treatment and recovery
- Integrating spirituality into assessment
- Practical tools rooted in a spiritual perspective for exploration and intervention with clients
- Resources on spirituality and healing
- Spiritually based self-care

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

**Recommended:**

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	7.0			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

Check the system that applies to this course:

Letter Grades	Percentage	X	Pass/Fail	Credit/No Credit
Complete/Incomplete	Attendance Only		Not Applicable	

<b>Passing Grade:</b>	Pass
-----------------------	------

JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

100% attendance in class.

Active contribution in large and small group discussions and activities.

Successful completion of written assignment for Substance Use Certificate.

**Other Course Guidelines, Procedures and Comments:**

This course is an elective credit.

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records