

Spiritual Healing & Recovery Program

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The RECOVERY Model/Program

The RECOVERY Model/Program

SHARP (Spiritual Healing and Recovery Program) is a self-directed spirituality-based treatment program designed to aide sexual trauma survivors in discovering the role of spirituality in their emotional healing by recreating balance and harmony in their lives. *Spirituality-based treatments* are interventions that involve one or more spiritual or religious practices (e.g., prayer, church attendance, fasting, or reading doctrine). The assumption underlying this program is that, spirituality-based practices, when performed regularly will increase the quality of life for trauma survivors.

Increasing the quality of life is a “process.” This spiritual recovery model workbook will assist in the “process” by helping to prepare participants for the program and help with tracking changes that take place for the duration of SHARP. SHARP, which is influenced by the 12 steps of Alcoholics Anonymous and Kubler-Ross’s Stage Theory of grief, has four components that include daily prayer/meditation, daily journaling, thirty

minutes or more of physical exercise three times per week, and weekly group attendance (60 or more minutes per week).

SHARP can be practiced for 60 or more days, depending on the need or desire of the participant.

After the desired program duration is determined, before beginning SHARP, it is recommended that the exercises in this book be completed. The exercises in this book will help the participant assess readiness to begin SHARP and assist with the planning required for success. The exercises included are, identifying support systems, self-assessment, creating safety, identifying program expectations, stress management exercises, defining spirituality, discussing prayer/meditation, creating an exercise plan, discussing purpose of journaling, developing support group plan, optional mental/emotional processing assignments (e.g., loss, 12 steps of recovery), optional daily self-affirmations, journaling page template (to be reproduced).

In the first section, you will need to identify people who you believe are healthy supportive people who are invested in helping you get through this program.

Getting Started

Presenting Problems:

What trauma physical and or psychological symptoms have you been experiencing?

- a.) anxiety
- b.) intrusive thoughts (rumination)
- c.) depression/sadness
- d.) PTSD symptoms
- e.) low self-esteem
- f.) mood swings
- g.) difficulty with relationships (family, friends, romantic)-circle all that apply
- h.) anger
- i.) loss of trust/faith
- j.) other

Please explain you're your answers.



1.) SUPPORT SYSTEMS

Prior to beginning this program, it is essential for you to identify support systems.

Support System

Name people you can contact **24** hours a day if you need emotional support

NAME/ Relationship	ADDRESS	PHONE NUMBERS
1.		
2.		
3.		
4.		

Describe the type of "support" you anticipate needing from the individuals identified above:

Name of person	Type of support needed
1.	
2.	
3.	
4.	

The next section is designed to assist you in assessing your readiness for the program. This program has been designed to help in the recovery of self-perceptions and other sexual trauma-related symptoms. There may be a lot of emotions about not only starting the program itself but also addressing issues around the sexual trauma. So it is essential that you are

honest about your readiness. If you are currently seeing a therapist, it may be helpful to discuss beginning this program with her/him.

II.) Self Assessment



The self-assessment is essential to identifying how you feel and what you think about beginning this program. You can use the list below:

First, using the list below, circle the emotions that you have when you think about beginning this program/addressing trauma-related issues:

FRUSTRATION **Abandonment** **Failure** **Sadness** Hurt
 Misunderstood **Upset** Criticized **Shameful**
 Rejected Confused embarrassed overwhelmed
untrusting NERVOUS **Scared** GUILTY Exhausted
Annoyed
 HURT **Disappointed** hopeless **fearful**
 IRRITATED Powerless Lonely **Anxious Bitter**
 LOST DESPERATE Threatened Helpless
 Enraged Insulted **Resentful** Disgusted **Alienated**
 Victimized Humiliated

Write about the thoughts that accompany the feeling you have identified.

PERSONAL GOALS



a.) Goal- 1 _____

b.) Goal- 2 _____

c.) Goal- 3 _____

d.) Goal- 4 _____

e.) Goal- 5 _____

f.) Goal- 6 _____

STRESS MANAGEMENT

The *next* section involves getting in tune with you. Sometimes, when in distress, you may feel disconnected. This exercise will help you identify source of disconnection with the goal of addressing it.

Mind, Body, Spirit Connection: Stress Management through Cognitive Polar Transformation (Created by Laurie Heusinger, LMT, Owner of *Alpha Omega Therapeutics*, Albuquerque, NM)

Describe any physical health symptoms (e.g., headaches, stomachache etc.) you have been experiencing:

According to Chinese medicine, physical health symptoms are connected to certain emotions. Emotions are believed to be the root cause of many physical symptoms. Emotions are an energy system and the mind can change the energy system specifically if there is a negative impact.

The five elements are water, wood, fire, earth and metal.
Each element has a function.

Element	Water	Wood	Fire	Earth	Metal
Abilities and Strengths Cognitive Connection	Ability to determine wants, access internal will and purpose and set intention	Make plans and decisions and set boundaries, spontaneity, insightful, ability to express self sexually in a healthy way	Acting on wants, needs and desires, communication, sharing, warmth. Ability to be creative and express love	Satisfaction with self and accomplishments, ability to self-regulate and settle down as needed, ability to accept self and feel connected with others	Ability to distinguish between things healthy and unhealthy, ability to let go. Ability to prioritize
Connected Body Parts "Physical health problems can manifest"	Bones, kidneys, urinary system, genitals, reproduction, hearing, head hair	Liver, gall bladder, connective tissue, ligaments, nails, eyes	Heart, small intestine, blood vessels, facial complexion, ears, tongue	Stomach, spleen, flesh, muscles, mouth, saliva, mucous production, swallowing	Lungs, large intestine, respiratory systems, nose, body, hair
Negative Emotional field or "Block"-what is being stored in the physical body	Fear, mistrust, timidity, unworthiness, overwhelm, carelessness	Anger, frustration, irritability, resentment, impatience, depression	Lack of confidence, anxiety, despair, embarrassment, hysteria	Worry, indifference, obsessive thoughts, over sympathy	Grief, longing melancholy, sorrow, self-pity
Color	BLUE	GREEN	RED	YELLOW	WHITE

If a physical problem manifests, it suggests that there is a negative emotional field, which is affecting cognition and action. For example, if someone expresses that they get chronic stomachaches, this suggests that they may be experiencing worry, obsessive thoughts about something or even indifference. As a result, the individual may be experiencing a disconnection from others, dissatisfaction with life and an inability to relax. The body parts store specific negative emotions, which impact an individual's ability to experience positive cognitions, which ultimately affects the individual's strengths and abilities, or actions.

Using the physical health problems, you identified above, identify the negative emotional fields and the affected abilities/strengths and cognitive connections

Physical Health Problem(s)	Negative emotional fields	Affected abilities/strengths and cognitive connections.

Choose one negative emotion you identified above. Think about an event that triggers that emotion in a strong way. Now visualize that emotion as a color image. Visualize yourself pulling that color image (like a vacuum) into the center of your mind.

Describe the experience.

How this works: When negative emotions are addressed, it may trigger tension, which triggers the physical, then emotional and cognitive (the way the mind functions), and then it impacts action (or behavior). Reactions to events are programmed so

THE Program

There are 4 *basic* components of the recovery model. They include daily prayer or meditation, daily journaling (self-reflection), 30 minutes or more of physical exercise three times per week, attendance to social groups/meetings (church, 12-step meetings or other support groups) once per week. Commitment to all components for the duration of the study is required.

The next section involves perceiving spirituality in a way that connects you to a larger universe. For the purpose of this program, *Spirituality* is an awareness of the connection of mind and body, others, and nature, which assist in gaining insight and knowledge about life experiences. The spiritual practice being used in SHARP is prayer/meditation.

Spiritual practices refer to techniques that aim to relax the mind and incorporate the aspects of the spiritual self and the psychological self (e.g., personality). Examples of spiritual practices include meditation, prayer, and yoga.

Preparing to begin the RECOVERY Model-Pre-evaluation

Prayer & Meditation

What role does *meditation or prayer* play in your spirituality?

How will you incorporate *spirituality* into your daily routine?

What is your plan?

What *time* of the day will you *pray or meditate*?

The next section which will accompany the daily prayer/meditation sessions is the journaling component. This component will help you the record the thoughts and insights you receive from the daily prayer/meditation experience and experiences from the other aspects of the program.

OPTIONAL - DAILY Reflections/focus for meditation or Prayer

(45 days of reflections). NOTE: These reflections do not have to be used in order. The same reflection can be used for several days.

Day-1-Self-Acceptance: Today I will reflect on where I am and understand that everyday brings opportunity for personal growth.

Day-2-Friendship: Today I will evaluate the relationships I have in my life to determine which ones are healthy and producing positive for me, and those that are not.

Day-3-Goal-setting: Today I will focus on the positive goals I am making for my future.

Day-4-Forgiveness: I know that I have people in my past and present that hurt me; I know to forgive them means to "let go." It does not excuse what they did to me, but I know that holding onto unforgiveness imprisons me and today I choose to work towards freedom.

Day 5-Surrender: Today I will focus on surrendering my will to my higher power, although it may be difficult, or I may not want to. I know that this is one of the steps to restoration.

Day-6-Love: Today I will focus on love. To love is a selfless act of loving someone "in spite of..." not loving someone "because..."

Day 7-Letting go of Anger: Today I will focus on processing the feelings fueling my anger and the situations that trigger the anger.

Day 8-Not giving up: Today I will focus on perseverance, because I realize that giving up when things get difficult is easy. Today, I will stand against the storm.

Day-9-Disappointment: I realize that when someone lets me down in some way, I feel disappointment. Today I will embrace the humanness in others as well as in myself.

Day-10-Truth: Today I accept what is real in my life, as painful as it may be to acknowledge. I know in the acceptance of truth, I will soon find peace.

- Day 11**-Peace: Today I bring peace in each part of my body.
- Day 12**-Allowing Tears: Today and any day ahead, I give myself permission to cry. I acknowledge the reality that tears are a sign of healing and strength NOT weakness.
- Day 13**-Grace: Today I accept the bestowed grace on me by my Higher Power, because I am extremely loved.
- Day 14**-Putting together broken pieces of my life: Today I am focusing on the things in my life that are broken. I will slowly begin repairing the things I can.
- Day 15**-Encouragement: Today, I will encourage others and myself in positive endeavors.
- Day 16**-Trust: Today I will focus on identifying what I need to restore or rebuild trust.
- Day 17**-Faith: Today I will determine what I need to do to rebuild my faith in my Higher Power.
- Day 18**- Healing my heart: Today I will focus on releasing the pain within my heart.
- Day-19**-Fear: Fear is the opposite of faith. Today I will focus on identifying the source of my fears and evaluate how I can challenge them.
- Day-20**-Guilt: There may be some things I feel guilty about. If this is the case, there are things I need to forgive myself for. Today, I will focus on self-forgiveness.
- Day 21**-Old wounds: Perhaps there is a wound on my heart. Maybe I feel broken and that someone caused me to be in a negative place. Perhaps I am holding onto those infected wounds, nursing them. Today I choose to ask my higher power to heal my wounds.
- Day 22**-Change: It is hard to change. Familiarity is easy. Doing what I know is easier than doing something different or new. Today, I choose to change my negative [thinking, talking, and behavior].
- Day 23**-Identifying needs: Today I will communicate to others what I need from them.
- Day 24**-Choice: Today I am making a choice to do something good and healthy for myself today.

- Day 25**-Despair: When I feel despair, I will find a trusted person to talk to.
- Day 26**-Loss of self I know that there are times I do not feel like I know myself. Today I will focus on self-discovery; the person I was born to be.
- Day 27**-Intrusive thoughts: Today I will focus on the emotional and spiritual healing I am anticipating. I will not think about negative experiences.
- Day 28**-Finding my voice: There is power in my voice. Today I will share with one person my experience with my trauma recovery journey.
- Day 29**-Living instead of Existing: Today I will focus on the difference between living and existing; living is active while existence is passive.
- Day 30**-Reconnecting with my Higher Power: Today I will spend extra time talking to my Higher Power.
- Day 31**-Self-Love: What about me makes me loveable. Today I will identify five things about me that I love about myself (excluding physical attributes).
- Day 32**-Mindfulness: Today I will focus on clearing my mind and focusing on my respirations and my heart beat. I will also attune myself with nature, taking in all of the nature sounds of my environment.
- Day-33**-Shame: Today I choose not to hold on to shame about my trauma. I will let go of the fear of judgment by others.
- Day-34**-Failures: Although I have had some failures in my life, I am not my failures. Today I choose to stop letting my failures define me.
- Day-35**-Guidance: Today I will seek wisdom from those healthy mentors in my life.
- Day-36**-Personal Responsibility: Today I choose to take responsibility for my choices and I will no longer be a prisoner of my past, or blame my past.
- Day-37**-Patience: Today I will work on patience. I know that I am growing and changing in a positive way although it may not be at the pace I would like.

Day-38-Self Worth: Today I will confess to myself and others that I am worth more than I believed before.

Day-39-Laughter: Today, I choose to allow my inner child to play and laugh and appreciate the world I live in.

Day 40-Creating Meaning: Today, I will try to determine how my experiences with trauma and recovery may assist others.

Day 41-Healthy Reliance: Today I will focus on asking my Higher Power for help on tough days.

Day 42-Reassurance: Today if I need reassurance, I will remember all the difficult things I have overcome in my life.

Day 43-Integrity: Today I will practice being honest about where I am in my recovery.

Day 44-Loneliness: Today I embrace any feelings of loneliness, understanding that this feeling is one of the most difficult ones, and that it will pass. I can choose to connect with others today in a healthy way, and share feelings with my Higher Power.

Day 45-Self-Respect: Today I will acknowledge that I am worthy of respect from myself, despite past impulsive or bad choices.

Journaling



Journaling should take place daily for the duration of the research study. The purpose of journaling is to track prayer or meditation experiences, thoughts, feelings, insights and body sensations that take place throughout the study. This information will be shared with the researcher (or therapist, clergy or other trusted person, if you are not participating in the research study). It is recommended that journaling takes place near or around the time of meditation or prayer but is not required. Journaling can also take place several times throughout the day. Journal entries must include the date and time. NOTE: A separate journal book is required. Journal entries should be outlined similar to the example below:

ACTUAL JOURNALING PAGES ARE LOCATED AT THE END OF THE WORKBOOK

<p>Day/ Date: _____ Time ___:___am/pm</p> <p>Summary of the day:</p> <p>Prayer/Meditation Insights</p> <p>Thoughts:</p> <p>Feelings</p> <p>Body Sensations:</p> <p>Reflection of exercise experience</p> <p>Reflection of support Group experience</p> <p>Step # ___ Reflections</p>	
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How do you feel about sharing contents of your personal journal?

The next component of the program is the physical exercise component. Exercise is helpful for both physical and psychological health. The blank calendars can be used to plan your exercise days for the program's duration.



The purpose of the exercise component is to assist in triggering the release of natural endorphins. Exercise needs to take place at least 90 minutes or more per week. The exercise should be done in increments of 30 minutes or more 3 times per week. It is recommended that a basic calendar be used to plan exercise days around regular daily schedules. This may assist in ensuring compliance. Although exercise can be low impact, it is recommended that each participant get permission from a medical doctor before beginning any exercise regimen.

Exercise Ideas include: walking, running, aerobics, biking, swimming, weight lifting, etc.

EXERCISE PLAN

MONTH One

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

GROUP Attendance

The group attendance component is designed to prevent you from being isolated during the program. It is not uncommon for individuals who are struggling with difficult times to isolate themselves.

OPTIONAL Social groups/meeting Attendance

The *purpose* of this component is to help engage you in social settings and create healthy social networks. The recommendation is for you to attend one meeting per week that lasts at least 60 minutes. Groups can be created; however, the group needs to be a positive addition to your life.

Types of Meetings:

General support groups

12 step meetings

Church/Mass

Women's religious study groups or Bible study

Girls Alcohol and Drug-free Night Out

OR

A weekly focus group can be facilitated by a therapist

What are your thoughts and feelings about attending a weekly group?

Optional Processing Worksheets

The next section contained trauma processing sheets. They focus on grief and loss. Some sexual trauma survivors may experience a sense of loss. These sheets can help with the processing of perceived loss and provide a focus for prayer/meditation and journaling.

Stage Theory

What is loss?

How does loss relate to the perception you have of the trauma? In other words, what have you lost as a result of the trauma?

What feelings surface as a result of the loss?

Where do these feelings fit in the following diagram?

Bargaining (e.g., could manifest as feelings of guilt, self-blame, regret)	Depression (e.g., could manifest as feelings of extreme sadness, self-harm, substance abuse)
Denial (e.g., could manifest as feelings of shame or sexual acting out)	Anger (e.g., could manifest as feelings of vengefulness, sadness, self-harm, or substance abuse)
Acceptance (e.g., could manifest as feelings of forgiveness, peacefulness, internal strength)	

Stage 1-Denial

Stage 2-Anger

Stage 3-Bargaining

Stage 4-Depression

Stage 5-Acceptance

The *recovery process* can begin at any stage of grief. The recommended stage to begin is stage 3, which is the bargaining stage, or higher.

Rationale: The first and second step of AA (admitting personal powerlessness and acknowledging a power greater than oneself) appear to correspond with the third stage of grief, bargaining. It is at this stage of questioning in which the individual is receptive and searching for answers to difficult questions.

The next section is also optional and focuses on Recovery using a modified version of the 12 steps of Alcoholics Anonymous. Recovery is a deeply personal, distinctive process in which an individual shifts his or her attitudes, values, feelings, goals, behaviors, and roles to assist him or her in establishing and/or returning to a healthy state.

Steps

STEP-1

I admit that I do not have the power to change the past and as a result my life has become _____ (e.g., difficult, overwhelming, unhappy, dissatisfying, challenging, unmanageable, etc).

You may still be grieving the perceived losses related to the trauma you suffered. You may feel upset with your higher power, others or even yourself. It is normal to feel guilt, confusion, or numbness. It is important to embrace and process these feelings and examine when and where they originated. Focus on where these emotions are being experienced in your body. Use the cognitive polar transformation-relaxation exercise to help relieve both the psychological and physiological response connects with the emotions.

a.) I felt powerlessness has played out in my life in the following ways: _____

b.) My life has

become _____, because _____

STEP-2

I have come to believe that a power greater than myself could restore my spirit, confidence, good judgment and life.

In the midst of grief, you are allowed to question your own spiritual or religious beliefs. In the rational part of your mind, it may be hard to understand why the trauma happened.

Although your questions at this point are left unanswered, the decision to believe that there is something “out there” that can restore you in a way that the trauma does not have to continue affecting the rest of your life.

a.) My meditative/prayer practices can assist by _____

STEP-3

I have made a decision to turn my will and my life over to the care of God, or my perceived Higher Power, as understood.

It is the admittance of failure or defeat, and surrender of self-will to what is perceived as a higher power. There is power in actually acknowledging and surrendering those things that individuals have been unsuccessful in controlling. It challenges the individual in areas that require surrender and also the hindrances to surrendering.

a.) The areas of my life I need to surrender are _____

Step-4

I am (or have) completed a self-evaluation of myself, identifying how my past trauma has manifested in emotional, social, or spiritual problems.

Step four requires individuals to “look into the mirror” and ask important questions that involve identifying personal shortcomings and character flaws. It also challenges the exploration of how the identified shortcomings and flaws impact the individual’s life in a negative way. Step four is, “Make a searching and fearless moral inventory of oneself.” In

other words, the individual must thoroughly, courageously, and honestly conduct an evaluation that identifies previously unhealthy choices and behaviors. The identification of unhealthy choices and behaviors can assist the individual in making peace with herself.

a.) The negative feelings or negative image of myself that I have developed have disrupted my life by

These things have affected my relationship with others by

STEP-5

I have admitted my wrongs and concerns to my Higher Power, myself, and another trusted person.

This step involves the practice of speaking to God (or perceived higher power), oneself, and others about the findings of the introspection. This step requires the individual to connect with these three entities.

a.) When I think about sharing personal things about myself with others, I feel

STEP-6

I am ready for my perceived Higher Power to heal me and remove the negative beliefs, images and feelings that I have carried with me for so long.

This step has to do with a decision and then an act. The sixth step, "We're entirely ready to have God remove all these

defects of character," implies that a decision has been made, one for a positive change. This readiness to change could apply to the discontinuation of current maladaptive behaviors, or perceived shortcomings of the individual.

Below is a list of all the things I would like removed:

STEP-7

I humbly ask my Higher Power to heal me, and remove the negative beliefs, images and feelings.

This is a request for assistance to change. This implies that a level of consciousness is necessary for this exchange, which could be achieved through prayer and meditation.

a.) Write the words you will use when you make your request

People who are hurting sometimes hurt others. It may be intentional or unintentional.

STEP-8

I have made a list of people I have hurt through my words, actions or inactions.

This step is key, for some, in the transition from "victim" to "survivor"; it involves understanding that other people in one's life are not to blame, and should not have to compensate for what the perpetrator did to you.

a.) Make a list of people you harmed:

Name of Person I hurt	How I hurt them
1.)	
2.)	
3.)	
4.)	
5.)	
6.)	
7.)	
8.)	
9.)	
10.)	

STEP-9

Describe how and when you will make amends. Perhaps there are relationships that have been broken because, often times when we are in emotional pain ourselves, we hurt others with words or actions.

STEP-10

I commit to continuously doing self-evaluations and continue taking responsibility for my life and where I am going.

This step involves defining the difference between “living” and “existing.” When we exist, we just get through the day, sometimes using unhealthy “vices”, maladaptive behaviors (e.g., drug abuse, self-mutilation, sexual acting out, etc.) to help us through the difficult moments; existing is like being on a treadmill. You appear to be moving but you are not going

anywhere. When you live, you are still taking one moment at a time but you are facing thoughts, feelings, and other issues as they surface; you are focusing on what you have control of and what you can change. You are living by the Serenity Prayer. I will create a commitment contract that states the following:

STEP-11 I am willing to continuously seek my perceived Higher Power through prayer and meditation to improve my consciousness and overall.

This includes the willingness to seek guidance in life choices. There must be a willingness to “slow down” and connect daily with your Higher Power.

- a.) What time EVERYDAY you will pray or meditate (to attain peace and maintain balance)

Day of Week	Time
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

STEP-12

I embrace my “spiritual awakening or healing.” I plan to continue to practice the principles of each of these steps. I have also discovered the power in my voice and the importance of sharing my experience with others to assist in empowering them.

Spirituality can be defined as an internal consciousness, and an external connection to a Higher Power that triggers an innate hunger in the core of an individual, which drives his actions and desires, and leads him to strive for peace and meaning in his existence. People can recover from almost anything if they are willing to discover a “divine” or larger purpose in their suffering. Perhaps purpose for some trauma survivors is to demonstrate that recovery is possible, and individuals do not have to be imprisoned by their pasts. Instead, they can experience healing or recovery, and empower others by sharing stories of pain, struggle and recovery.

a.) In what ways can you use your life experiences to help others?

JOURNAL

DAY of the week _____ Date _____ Time: _____

DAY # _____

Summary of the day:

Prayer/Meditation Insights

Thoughts:

Feelings:

Body Sensations:

Reflection of physical exercise experience:

Step # _____ Reflections

Reflection of support group experience:

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About the Author

Sharon Baty has worked in the social services sector for over twenty years. She has worked as a therapist, counselor, teacher, case manager, program manager, and probation/corrections officer. Over the course of her career, she has observed the suffering of individuals with various psychological issues who did not appear to ever seem to “recover.” The treatment and detention centers appeared to be an endless revolving door, resulting in a continual recycling of the same individuals with the same problems. She developed a theory to explain many of the psychological disorders that she saw in her clients. She started to believe many psychological disorders resulted from what she described as “death of the spirit.” These individuals were trauma survivors who were trying to make sense out of the devastating incident they had experienced. Many of them sought peace, happiness or some sense of normalcy. Others just desired understanding or an answer to the question, “why did this happen to me?” Their “spirits” or the part of them that had the ability to dream, play or experience a sense of freedom was dead, replaced with emptiness or anger. Following the trauma, many of these individuals lost their desire to feel anything at all. Others sought after temporary false highs from illegal substances or even prescribed psycho pharmaceuticals to escape. Ms. Baty is now in the last year of her doctoral studies and is using the SHARP manual to help trauma survivors rediscover their true selves by helping them revive their spirits.

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