

Hazelden
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Date: December 2009

To: Therapists

Re: A resource for your “spiritually challenged” clients

Dear Colleague:

Most Twelve Step candidates struggle with the “God as we understood Him” part of the program, especially if they have problematic religious histories or issues with authority. Many others, to varying degrees, are confused by the concepts and offended by the gender insensitivity and seemingly religious language used in the texts and meeting rooms. These struggles may exist well into sobriety.

There is a solution. As director of the Lodge Program at the Dan Anderson Renewal Center, I witness the resolution of these vital concerns in our clients each day. In our didactic and discussion segments, spirituality emerges as the personal experience of each individual who follows certain simple directions. Our formula, based on Twelve Step wisdom texts, is elegant: The presenting addiction problem is lack of power and that defines the solution—power. That power is spiritual and already is a part of everyone. Over-reliance on self blocks them from that power, and working the Steps will begin the lifelong process of getting and staying unblocked. This is the source of each person’s personal experience of spirituality.

At the Lodge we specialize in renovating our clients’ spiritual programs. We help guests rediscover their spirituality. We allow for motivation and inspiration, through education which:

- Reconnects individuals with the sequence of information and action as provided in the wisdom texts *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*.
- Revisits and reinforces the foundation of recovery—an understanding of the three dimensions (mind, body and spirit) of the disease of alcoholism.
- Reintegrates recovery principles and practices by following the Lodge’s daily schedule.
- Recreates the experience of spiritual community.

Our Lodge Program is an open-ended, Twelve Step immersion experience delivered at the Dan Anderson Renewal Center in Center City, Minnesota, an idyllic retreat away from the noise and clutter of everyday life. We simplify the often-mystifying spiritual solution and do it in a way that is not exclusive to any religion, psycho-therapeutic model, or cultural/ethnic practices. Give us a call to learn more about the Lodge Program and its applicability to your clients “stuck” somewhere on their spiritual path.

Sincerely,



Fred Holmquist
Director, Lodge Program at Hazelden