

ADDICTION & FAITH CONFERENCE

BREAKOUT SESSION

Gratitude and Addiction Recovery: Theory, Research, and Practice

Amy R. Krentzman, MSW, PhD

Gratitude is a prevalent theme in 12-step programs and positive psychologists have begun studying gratitude empirically. Yet there has been little scientific study of gratitude in addiction recovery, until now. Associate Professor Amy Krentzman, PhD, of the University of Minnesota School of Social Work, will present the results of three of her research studies including implications for personal gratitude practices and for counseling others in their use of gratitude.

- Learn three theories related to gratitude and addiction recovery.
- Understand the recent research on gratitude.
- Come away with practice recommendations.



Amy Krentzman is an Associate Professor at the University of Minnesota School of Social Work. Dr. Krentzman's research focuses on factors that promote the initiation and maintenance of recovery from alcohol and other substance use disorders, particularly the mechanisms of therapeutic change that are precipitated by professional treatment, recovery community organizations, and 12-step programs.

Dr. Krentzman studies spirituality, religiousness, forgiveness, and practices such as prayer and meditation as they function in the context of addiction recovery. Her recent work focuses on gratitude in addiction recovery.