

DAWN FARM EDUCATION SERIES PRESENTS

a FREE presentation by

**AMY R. KRENTZMAN, MSW, PhD**



# GRATITUDE AND ADDICTION RECOVERY

**MAY 22, 2018  
7:30 PM TO 9:00 PM.**

“Gratitude” is a frequent topic in recovery circles, a recurrent theme in recovery program literature, and a central component of addiction recovery for many recovering people. Gratitude practices are commonly employed in addiction treatment and in recovery. This presentation will provide definitions of gratitude proposed by social scientists, present scientific findings about the benefits of gratitude, cover theories for the ways in which gratitude “works” (in general and in recovery), and ponder whether gratitude has a “downside.” Together we will practice at least two gratitude exercises.

Amy R. Krentzman, MSW, PhD, is an Assistant Professor at the School of Social Work and at the Center for Spirituality and Healing at the University of Minnesota and an Adjunct Research Investigator in the Department of Psychiatry at the University of Michigan Medical School. Dr. Krentzman is a National Institute on Alcohol Abuse and Alcoholism (NIAAA) funded Training Fellow with the Alcohol and Other Drugs Education Program (ADEP) for Social Work Faculty. Her 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. Current research projects include the development and testing of positive psychology interventions for individuals with alcohol and substance use disorders, the relationship between spirituality and alcoholism recovery, and the role of sober living houses on women’s long-term abstinence.

**St. Joseph Mercy Hospital Education Center  
5305 Elliott Drive, Ypsilanti, Michigan (Parking Area P)**

Registration is not required. A certificate of attendance can be provided. FREE C.E. (1.5 hours) for addiction professionals (MCBAP Approved Education Provider). For other details, contact Dawn Farm at 734.485.8725 or [www.dawnfarm.org](http://www.dawnfarm.org).