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An Interpretive Phenomenological Analysis of Secular, Spiritual, and Religious Pathways of Long-term Addiction Recovery

ABSTRACT

The emergence of recovery as an organizing construct has sparked interest in mapping the varieties of addiction recovery experience. The present study uses Interpretive (qualitative) Phenomenological Analysis (IPA) to examine six-diverse pathways of long-term addiction recovery. Semi-structured interviews were conducted with six subjects representing natural recovery, Twelve-Step (AA/NA) recovery (2), secular recovery, faith-based recovery, and medication-assisted recovery. Common and distinct features of these pathways of addiction recovery are discussed with noted implications for the design of addiction treatment, recovery support services, and an understanding of recovery itself. Qualitative research can be a valuable tool in the elucidation of addiction recovery pathways.