

A CARLAT PSYCHIATRY
REFERENCE TABLE

| The FACT Spiritual Inventory Tool and Related Questions | |
|---|---|
| Faith (assess beliefs) | <ul style="list-style-type: none"> • Do you believe in God or a higher power? Is spirituality a part of your life? |
| Activities (assess practices) | <ul style="list-style-type: none"> • Are you a member of a religious community? What does this entail? • Do you do things that you consider spiritual, such as mindfulness or prayer? • How available are these communities or practices to you now? |
| Coping (assess PRC) and Community | <ul style="list-style-type: none"> • Do these beliefs, communities, or practices help you cope with addiction? In what way? |
| Treatment Plan | <ul style="list-style-type: none"> • Do you think it would be helpful to incorporate faith in your treatment plan? What do you envision? Are there people in your community you would like to speak with to explore this? |

Adapted from: Larocca-Pitts MA, *J Health Care Chaplain* 2008;15(1):1-12

From the Clinical Update:
"Faith and Addiction"
By Jesse Koskey, MD

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