

ADDICTION & FAITH CONFERENCE

BREAKOUT SESSION

Understanding the Grief Process of Addiction-related Death

Gloria Englund, MA

This presentation will utilize video case studies and various handouts mapping the grief process as well as participant reflection groups. The stigma and shame of Substance Use Disorder (SUD) that often keeps clients from seeking support after addiction-related deaths can be lessened through education and understanding the role SUD plays in the grief process. The intersection of trauma and grief, the client's need to receive support specific to their loss, self-care practices, and the understanding of Post-traumatic Growth are paramount to supporting this kind of loss.

- Learn the significance of the client's acceptance of SUD as an illness they or their loved one didn't cause, couldn't cure or control.
- Understand the interplay of stigma, shame and trauma experienced from SUD before the death of the loved one may become a roadblock to processing the client's grief.
- Learn why death from SUD is a disenfranchised grief or ambiguous loss, a two-fold loss.
- Participants will examine how the grief process is affected when death of the loved one involves trauma (handouts).
- Study the Dual Process Model of Coping from Bereavement.
- Learn suggested guidelines for grief support groups (handout).
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Gloria Englund is a psychotherapist, who holds a Master of Arts degree in Human Development. As a professional Recovery Coach, she works with individuals and families dealing with an addiction to alcohol, drugs, food, and relationships. Besides individual coaching, she offers two, on-going coaching support groups. Courageous Caregivers© is a support group for those who have a loved one experiencing active addiction, relapse or who are new to recovery. A Different Kind of Grief© is a support group for those who have a loved one who have died from addiction. Her book, *Living in the Wake of Addiction: Lessons for Courageous Caregiving*, demystifies addiction, defies stigma, offers hope for recovery, and serves as a guide for professionals, families and individuals seeking support on the journey of recovery.

As an accomplished public speaker, advocate and published author, Gloria brings a message of hope and recovery to others. For more information please see: www.recoveringu.com