The Wounded Grieaver: Grief Competency in Addiction Counselors

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Grief, loss & recovery...

From a 2015 study:

Participants who had experienced death of someone prior to abusing: 72%; while abusing 77.6%

Loss of escape from feelings through using: 62%


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The Mourner’s Code (Alan Wolfelt, PhD.)

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience “griefoursts”.
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.
Using a loss history graph

LOSS HISTORY GRAPH

Start with your first memory, using a brief or even one word description. As you move through your life, identify losses by your age or a year as a point along the line. Draw a line down from each point indicating how deeply you experienced the loss.

FIRST CHILDHOOD MEMORY  PRESENT
the tasks of grief

T = To accept the reality of the loss
E = Experience the pain of the loss
A = Adjust to the new environment without the lost person
R = Reinvest in the new reality
FIGURE 1 A dual process model of coping with bereavement.
Resources...


