
Clinical Application of Grief Counseling in Substance Use Disorder Treatment

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OBJECTIVES

1. Define the unspoken rules of addicted families.
2. Identify value and limitations in early models of grief counseling.
3. Identify and describe disenfranchised grief.
4. Describe current models of grief.
5. Describe Worden's four tasks.
6. Develop a minimum of four specific skills combining the unspoken rules, Worden's four tasks, and disenfranchised grief.

What Is Your Loss History?

1. The Hermit Crab

2. Core Memories

3. Styles of Coping

4. Biggest Fears

5. Signs of Resolution

6. When to Share

Intro to Grief Counseling

What is Normal Grief?

1. Feelings

2. Physical Sensations

3. Cognitions

4. Behaviors

Influential Factors

1. The Relationship

2. Attachment Style

3. Nature of Death

4. History

5. Personality Structure

6. Social Influence

7. Additional Stresses

What is Complicated Grief?

1. Rage

2. Self-destructive behaviors

3. Inability to focus except on deceased

4. Intense, long lasting

5. Lack of acceptance



Grief v Depression

SELF ESTEEM



DISENFRANCHISED GRIEF

- Not socially sanctioned
- Socially negated
- Socially unspeakable
- Stigmatized
- Less support



TRAUMATIC GRIEF

- Sudden, unexpected
- Violent
- “Dies before their time”
- PTSD

Theories and Frameworks

Kübler-Ross

VALUE AND LIMITATIONS





WORDEN'S FOUR TASKS

1. Accept the reality of the loss
2. Process the pain of the grief
3. Adjust to a world without the deceased
4. Find an enduring connection with the deceased while embarking on a new life

Grief and Unspoken Family Rules

rt.

Death is nothing at all. It does not count. I have only slipped away into the next room. Nothing has happened. Everything remains exactly as it was. I am I, and you are you, and the old life that we lived so fondly together is untouched, unchanged. Whatever we were to each other, that we are still. Call me by the old familiar name. Speak of me in the easy way which you always used. Put no difference into your tone. Wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes that we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word that it always was. Let it be spoken without an effort, without the ghost of a shadow upon it. Life means all that it ever meant. It is the same as it ever was. There is absolute and unbroken continuity. What is this death but a negligible accident? Why should I be out of mind because I am out of sight? I am but waiting for you, for an interval, somewhere very near, just round the corner. All is well.

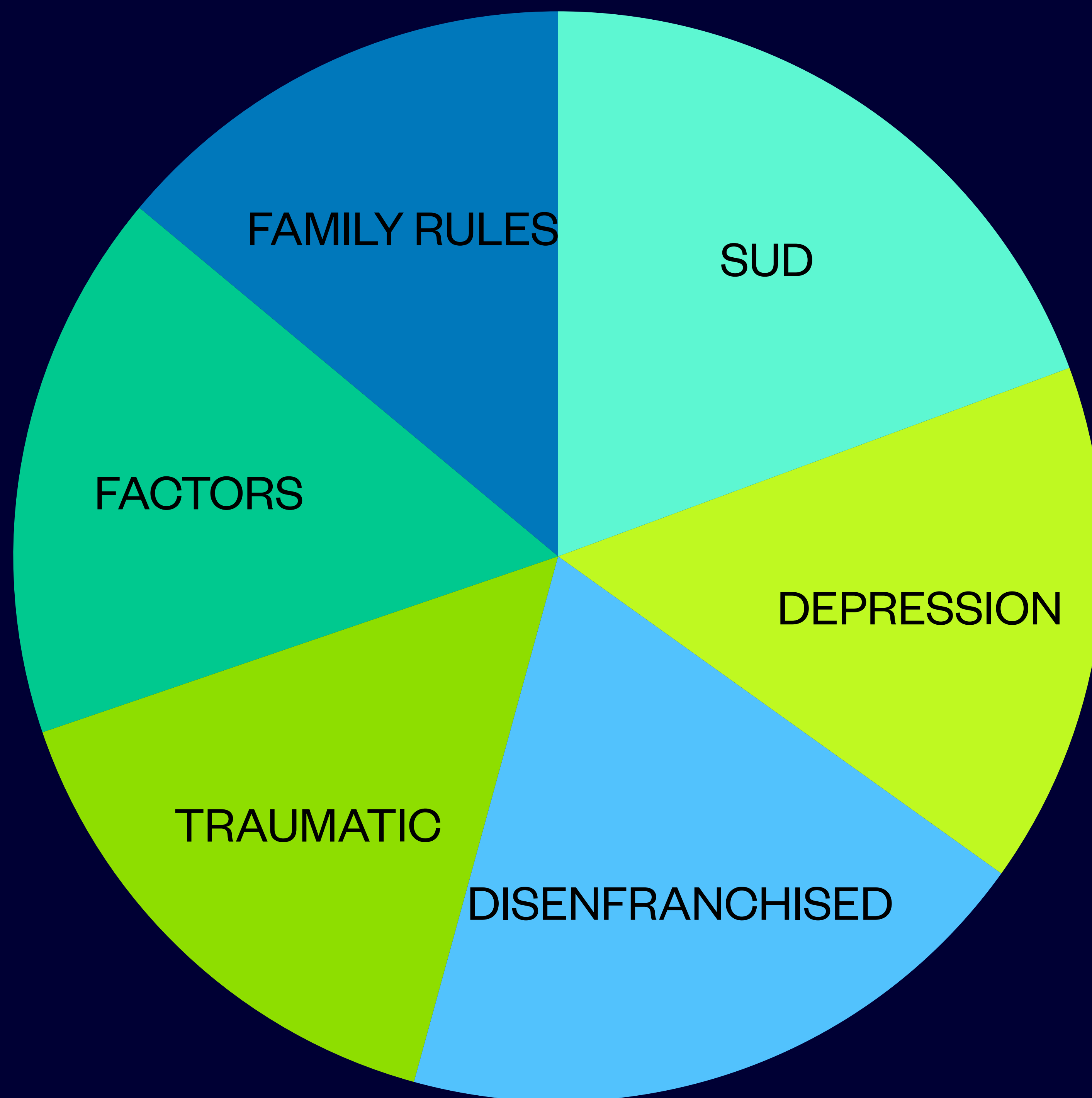
All well.

So What's the Problem?

1. Don't Talk

2. Don't Trust

3. Don't Feel



CLINICAL SKILL

THE FIRST SESSION

1. **“DEAD, DIED, DEATH, DECEASED”**
2. **VALIDATE, VALIDATE**
3. **CURIOSITY AND QUESTION ASKING**
4. **ONGOING ASSESSMENT**
5. **PATIENCE, PATIENCE, PATIENCE**



CLINICAL SKILL

THE OBITUARY

1. ACCEPTANCE OF THE LOSS

2. YES - TALK!

3. YES - FEEL!



Hunter Lee Clemons, 22, of Jacksonville, Florida passed away Thursday, February 10, 2022 of an overdose after a long battle with addiction. Hunter was born in Jacksonville, Florida on January 26, 2000. He grew up in Lafayette, Louisiana.

Hunter is survived by his mother, Christy Couvillier and her husband, Jeremy Sonnier, Curt Couvillier (step-father), Johnny Clemons (biological father), Ashlynn Clemons (sister), Elijah Couvillier (brother), Brooklyn Clemons (sister), grandparents Jerry & Vickie Shanks, Larry & Ann Couvillier, Dorothy Nutt, and Richard & Dolores Demmin. He is also survived by numerous aunts, uncles, cousins, nieces, nephews, friends and recovering members of Lafayette.

Hunter had a heart of gold; anyone from his childhood or adult life could confirm. He was kind, funny, charismatic, selfless, loyal, and always tried to find the positive in any situation. In turn, doing his best to block out the negatives, which is where his addiction came into play. Drugs offered Hunter an escape from his demons he faced throughout his life.

On July 23, 2019, he overdosed on heroin laced with fentanyl and was on life support for four days before he woke up. After being released from the hospital, Hunter went and completed drug rehab and decided to start a new life back in Jacksonville, Florida.

He thrived after moving to Florida. He started a job as a valve tech at Flotech, Inc and went fishing every chance he got. He loved spending his days outside on the water or with his roommates. His family would like to speak the truth about his death. Silence would mean Hunter's death was in vain, but if one person's life is saved by his story, we would tell it a million more times. We know the pain of his suffering. We know the pain of our own suffering as his family, and we know there are hundreds of other people here in our community suffering as addicts or as loved ones to them. Speaking the truths (no matter the circumstances) surrounding the epidemic of drug use may be the difference between life and death for someone. In honor of Hunter's life, we ask that truth be spread in regards to this epidemic and awareness be raised.

Hunter's life will be celebrated at 1:00 PM Saturday, February 19, 2022 at Williams Funeral Home in Opelousas, LA.



CLINICAL SKILL

MEMORY BOOK

- 1. Process the Pain**
- 2. Maintain a connection**
- 3. Destigmatize**
- 4. New Family Patterns**



CLINICAL SKILL

MEANING MAKING

1. PRIVATE MEANING DOES NOT EQUAL SHAME
2. SYMBOLISM IS NOT DELUSIONAL
3. INTENSITY AND COMMITMENT IS FOR CLIENT TO ASSESS
4. DEFINITION OF MOVING FORWARD, KEY GOALS



FINAL NOTE

SELF OF THE THERAPIST

QUESTIONS?

THANK YOU!