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# GRIEF NEGATIVELY IMPACTS

**Attention • Memory • Planning • Language • Relationships**



**Edu-Therapy Solutions**  
Building Sustainable Mental Wellness

## Grief and Addiction

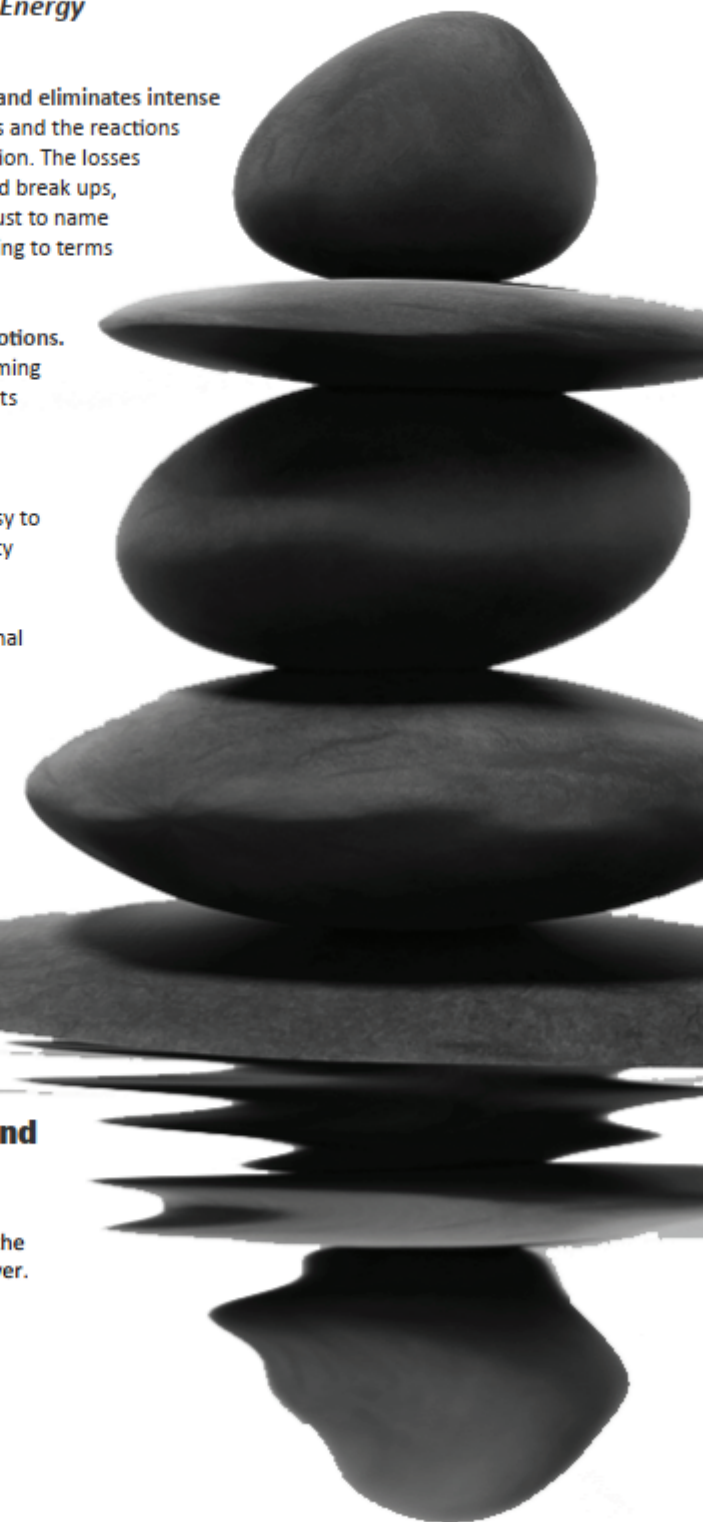
*Breaking Patterns of Behavior by Reducing Emotional Energy*

Edu-Therapy™ is the most current, easy-to-use model that reduces and eliminates intense uncomfortable emotional responses to loss, trauma and abuse. Loss and the reactions to unresolved grief go hand in hand with substance abuse and addiction. The losses addicts suffer are many: deaths of friends and loved ones, divorce and break ups, loss of friendships, loss of financial and social status, loss of dignity, just to name a few. Healthy recovery means facing up to the "wreckage", and coming to terms with the mass of disturbing and conflicting emotions.

Healthy recovery requires learning essential skills for regulating emotions. How often have you seen the pain, anger and confusion of overwhelming feelings drive an addict to relapse? Long term sobriety requires addicts to learn to identify and express their emotions, communicate their thoughts, and create appropriate boundaries.

Edu-Therapy™ is a powerful adjunct treatment. Our process is an easy to learn, easy to apply CBT based model that reduces emotional intensity and resolves the conflicting emotions caused by unresolved grief.

Reducing emotional intensity reduces craving intensity. The emotional tribulations of early recovery trigger the need for quick relief. The Edu-Therapy™ process excels in helping addicts recognize, tolerate and discharge their emotional discomfort.



### EDU-THERAPY™ TRAINING PROGRAMS

- July 19 - 22.....Virtual Certification\*
- Aug 19 - 22 (In Person).....Saskatoon, SK
- Aug 23 - 26.....Virtual Certification\*

*\*Must be able to commit to 4 full consecutive days of on line training*

### ALSO AVAILABLE!

#### Virtual Training and Private Certification and Treatment Programs

With the isolation and loss occurring throughout the pandemic and the increase in mental health crisis, Edu-Therapy is in need more than ever. Train your team in the safety of your Community or Virtually on line.

**GoToRegister.ca/Grief**

Toll Free: 1.866.476.0209

Fax: 1.866.430.8296

Email: Grief@GoToRegister.ca



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