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# Grief and Addiction

*Breaking Patterns of Behaviour  
by Reducing Emotional Energy*

## GRIEF NEGATIVELY IMPACTS

Attention | Memory | Planning | Language | Relationships

**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.

## 2023 TRAINING PROGRAMS

Virtual ...**SOLD OUT!**... April 24-27  
Saskatoon, SK ..... May 5-8  
Winnipeg, MB ..... June 9-12  
Virtual ..... June 19-23

### ALSO AVAILABLE!

## PRIVATE CERTIFICATION TRAINING

**In-person at your organization, or virtually in groups as small as 12 participants.**

If you are an NNADAP and Addiction Worker, Health and Wellness Worker, Health Director, or simply interested in the Training Program, contact us today.

[www.edutherapysolutions.com](http://www.edutherapysolutions.com)

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Email: [admin@edu-therapy.net](mailto:admin@edu-therapy.net)



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