

Meet Gloria Englund



Gloria has been in recovery since 1982. An “unwilling expert,” Gloria learned first-hand about losing a loved one to substance abuse. Her son Aaron, who had struggled with addiction since a teen, died of an overdose when he was 33 years old.

She is a psychotherapist who holds a Master of Arts in Human Development. After her son died, Gloria became a certified Recovery Coach to augment her knowledge about addiction and recovery.

Gloria is a published author and accomplished public speaker. Her book *Living in the Wake of Addiction: Lessons Courageous Caregiving* demystifies addiction, defies stigma, offers hope for recovery, and serves as a guide for those seeking support for their recovery. recoveringu.com/books/

She offers both individual and group grief support via the telephone and in person. Her fees are posted on her website: www.recoveringu.com/grief-recovery-support/. You may also reach her at 612-866-1056.

More About Support Groups

“Being heard” is paramount to the healing process. Space is created in each group so members can connect by sharing their individual experiences.

As relationships develop and trust grows some group members may experience **Post Traumatic Growth (PTG)** – “a set of positive changes that occurs as result of coping with a traumatic event.” This can express itself through creative endeavors or perhaps a passion for a worthy cause. As grief is transformed into meaningful new pursuits and activities, **PTG** may be a turning point in the healing process. It is important to note that new pursuits do not necessarily diminish the anguish of coping with the death of the loved one. Gloria has witnessed this reality.

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A Different Kind of Grief©



Have YOU Lost a Loved One to Death from Addiction?

*Understanding, Support, and
Gateways to Healing from
One Who Knows **First-Hand***

Support for Those Whose Loved One Has Died from Addiction

After the death of a loved one from substance abuse, have you sought support in traditional grief groups but still felt *isolated*?

- ❖ Did lack of knowledge about the addiction process hinder others' understanding of your grief?
- ❖ Did you feel judged because your loved one died from substance abuse?
- ❖ Did you sometimes feel the stigma of addiction caused the group to discount your loved one's life and death?

These are some of the insights Gloria Englund experienced when she attended grief groups after her son died of a drug overdose in 2007.

If you have felt isolated from family and friends, it is important to seek support from those who also share your experience.

The turmoil often created by the substance abuse of the deceased has a different effect on each family member or friend. Gloria sees that these different experiences foster isolation and may prevent family and friends from supporting each other and healing through their grief together. *Sound familiar?*

Loss of a Life... and Life Dreams

When a loved one dies from addiction, the loss to the bereaved is two-fold:

- 1) The loss of the loved one.
- 2) The loss of life dreams you held for them which were not grieved while they lived because the hope for their recovery was ever present. When death occurs, the loss of the loved one and the loss of their life dreams simultaneously create a devastating avalanche of grief.

Support Groups Offerings

Gloria's own grief process taught her additional specific tools and techniques that she uses in her groups. These include:

- ❖ Recognition that this kind of grieving is "Disenfranchised Grief," a grief not always acknowledged by society because the stigma of addiction may not allow one to grieve openly.
- ❖ Specific practices for physical, social, and emotional self-care that support this unique type of grieving process.
- ❖ Reflection on designated readings and other materials.
- ❖ Cultivating gratitude for what is going right in your life this moment.
- ❖ Specific mindful meditation practices.
- ❖ Education about substance abuse and recovery—sharing what you learn helps heal and eliminate the stigma of addiction.