

Grief and Non Productive Coping with Substance Use

December 11, 2025

10:00-11:30am MT

Grief is a natural response to a difficult loss. Many people turn to the use of substance including marijuana, cigarettes, alcohol, cocaine and more to help soothe or distract from the pain. However, the grief is not resolved by the substance use and the grief remains when the person returns to sobriety.



Learning Outcomes:

- How does grief occur
- Grief is a natural process
- Grief is not linear in being resolved
- Substance use provides temporary relief but not resolution from the grief
- How does substance use mask grief
- How grief is resolved without substances

Speakers:

Patrick Teghtmeyer is a 20 year seasoned Addiction counselling therapist. He has worked in essentially every Addiction recovery environment including Inpatient, outpatient, detox facilities, adolescent, adult, voluntary, involuntary and forensics. He has started his own Addiction counselling business named Interception Counselling. During his career, he has worked with Indigenous youth, adults and houseless persons including 4 years of the inner city of Edmonton. He is an avid outdoorsman with a passion working with Indigenous populations. In his connection to the earth, he hunts and harvests his own game to be more connected to the environment and nature



Target Audience: Anyone over the age of 14 who has grief and risk of misusing substances.

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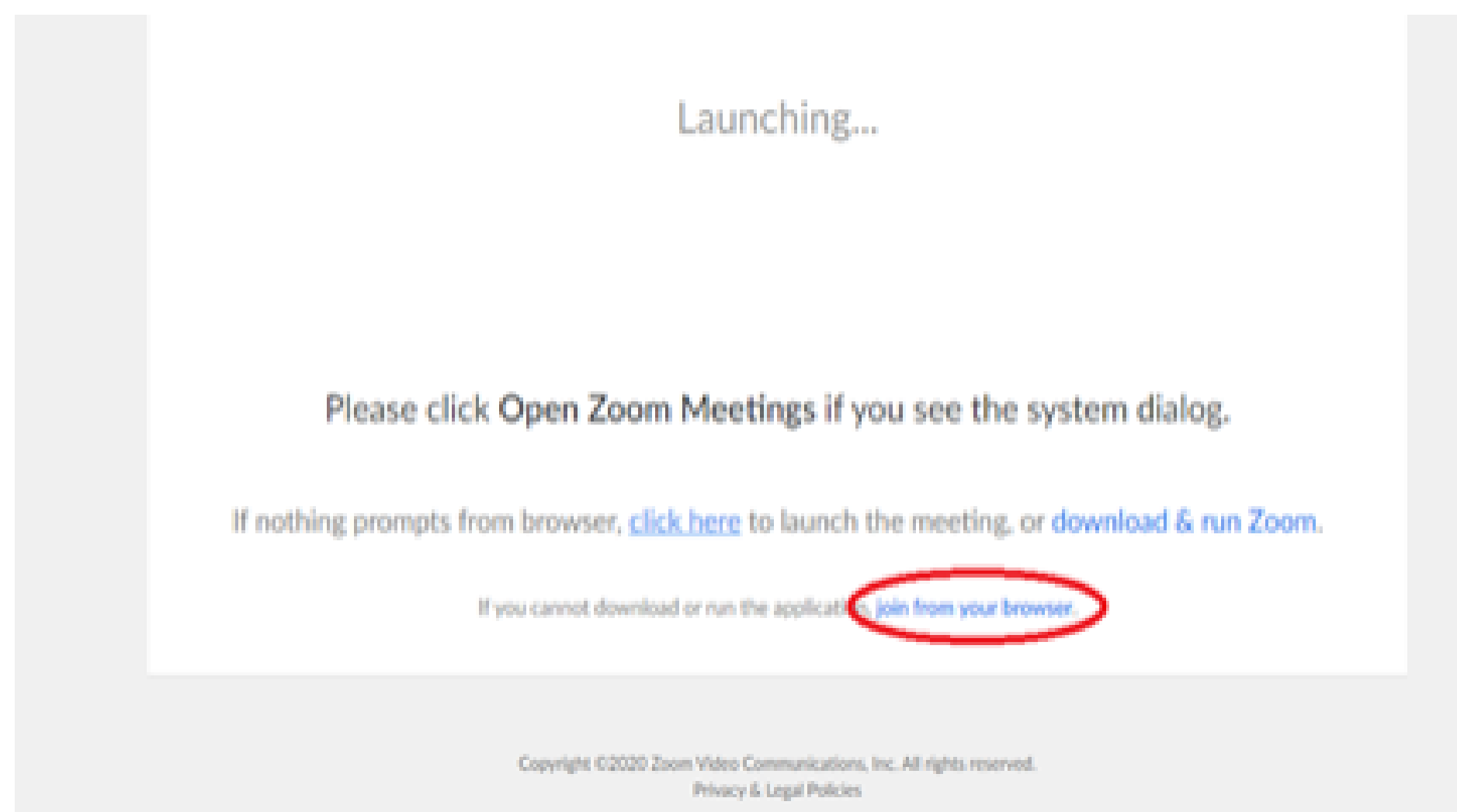
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