

Cassondra Frisque

Title, Description, Bio

Title: Navigating Ambiguous Loss: Complicating an Already Difficult Journey

Description:

Grief is a natural process that everyone experiences at some point in their life. However, it might seem as though there is nothing natural about grieving the loss of a loved one to substance abuse. Although there is no “cure” for grieving, it can be validating to know you are not alone. This presentation will explore the complexity of substance abuse and grief, including how to cope with ambiguous loss and ways to take care of ourselves when facing these difficult situations.

- Define ambiguous loss.
- Discuss the impact of substance use on mortality.
- Explore the unique grief responses related to substance abuse.
- Identify six ways to live with ambiguous loss.

Bio:

Cassondra Frisque, MS, LPCIT, SACIT, is a substance abuse and mental health therapist from Green Bay, Wisconsin. Cassondra has worked with adults, children and families with mental health and substance use concerns, individually and in groups. Cassondra is currently the program supervisor and therapist for an intensive outpatient program specifically catering to the needs of women with substance abuse disorders. Cassondra has spent a significant amount of her career researching and helping people navigate their grief journey.