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## Greetings!

**As the holidays approach, we remember our loved ones and the joy that we shared together. I often reflect on the saying an inspiration by Bette Kelley - "Remembering our loved ones who are celebrating in Heaven . . . . never really gone, always in our hearts."**

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Featured Article: **Living in the Shadow of the Ghosts of Grief: An Introduction.**

*Reprinted with permission from "Living in the Shadow of the Ghosts of Grief: An Introduction" by Alan D. Wolfelt, Ph.D. For more information on grief and healing and to order Dr. Wolfelt's books, visit [www.centerforloss.com](http://www.centerforloss.com)*

**"Your pain is the breaking of the shell that encloses your understanding." — Kahlil Gibran**

A central truth is that all of us as human beings are connected in our experiences of loss and grief. If you have picked up this newsletter and are reading these words, you are probably consciously aware that you have been impacted by life losses. Each and every one of our lives involves natural transitions, unwanted endings, and new beginnings. Yet, perhaps you have noticed that many people in our culture seem to avoid embracing life losses and try to go around them instead of through them. This article series, directed from my heart to your heart, is an invitation to go to that spiritual place inside you that is aching to find "safe places" and "safe people" with whom you can openly acknowledge the griefs influencing your life. In part, my hope is that this discussion will help you understand if and why you are living in the shadow of the ghosts of grief so that you can step into the light.

For you see, as I continue to grow and learn, I have come to believe that it is in embracing our carried grief that we find relief from our life problems (e.g., anxieties, depressions, addictive behaviors, difficulties with giving and receiving love). I passionately believe that when we don't authentically mourn life losses, we can't live or love well. My observation is that many North Americans have come to believe that grief is an enemy to be fought instead of an experience to be embraced and befriended. Yet, it is the befriending process that contains the beginnings of grace.

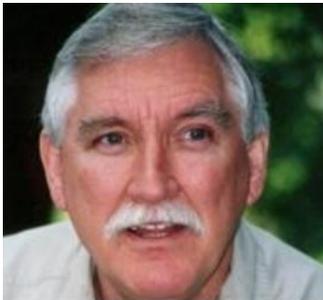
I invite you to consider that to inhibit, delay, convert or avoid grief is to condemn yourself to a living death. Living fully requires that you feel fully. It means being completely one with what you are experiencing. If you are unwilling or unable to give attention to how loss and grief shape your life path, you will project your symptoms into your body, your relationships and your worldview. Any unhealed grief will linger, influencing all aspects of your life, your living, and particularly, your loving.

Click [HERE](#) to read more.

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## Mike Speakman - Founder of PALS

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Michael J. Speakman,  
L.I.S.A.C., Director of  
Speakman Coaching

We had the opportunity to spend some time with Mike Speakman, Founder of PARENTS OF ADDICTED LOVED ONES (PALS). Mike is a Life Coach and a Licensed Substance Abuse Counselor with a passion for helping parents save a loved one from addiction.

His knowledge base comes from a successful career of helping addicts and alcoholics in residential treatment centers since 1988. Mike provides private Family Coaching Sessions to translate his expertise into practical steps for parents to take so they can help their addicted child in the most effective way.

**Many of us who have lost a loved to substance abuse or suicide, also have others that we loved who also struggle with addiction. Here is a great article written by Mike to help parents understand and help their children.**

**"6 Steps for Helping Your Addicted Adult Child" by Mike Speakman.** *Reprinted with permission. More information can be found at <https://palgroup.org>*

**Step 1: Learn about your adult child's problem of delayed emotional growth.**

In addition to alcohol or drug abuse, your child may have another issue. It serves as a silent partner in keeping addiction active and resistant to change, but can be quite difficult to identify. Simply, delayed emotional growth means that you still see your adult child as an adolescent or younger child. He or she is an adult now and deserves to be treated like one.

**Step 2: Transition to an adult-to-adult relationship.**

In American culture, there is no formal rite of passage when a child becomes an adult. Key to helping your adult child mature emotionally is for everyone to acknowledge that he or she is now an adult. It will also mean treating your adult child like an adult, especially in difficult situations. Even though it was not your fault, you may choose to apologize to your adult child for having treated him or her as an adolescent for too long.

**Step 3: Set realistic boundaries and consequences for your adult child.**

Once your adult-to-adult relationship is in place, you can establish what is acceptable and what happens when those mutually-agreed-upon boundaries are crossed. When overstepping bounds, your child has to handle the consequences as an adult. You no longer will over-help him or her and you both know why. Your communication is now easier, because you are dealing with an adult.

It will take time and practice to learn, but you will see the wisdom in treating your son or daughter as an adult, even when they act like a child. Your adult child may need to adjust to this new perspective, but having an understanding of what is acceptable and what happens when that agreement isn't respected helps you — and your adult child — stay on course.

Click [here](#) to read more.

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**Chuck Harn, Acupuncturist  
for Eric's House**

## **CHUCK HARN**

Charles Harn is a licensed and Nationally Board Certified Acupuncturist in the state of Arizona. Charles received his Masters of Oriental Medicine degree from Florida College of Integrative Medicine in Orlando. Charles specializes in treating emotional issues including stress, anxiety, depression and grief. Acupuncture is a safe and drug free way to address both physical and emotional issues.

Over many years, acupuncture has been shown to be very effective in the treatment of emotional issues related with grief, depression and anxiety . In chinese medicine, the Spirit resides in the Heart. When the Heart is broken, the Spirit is broken. Acupuncture for grief focuses on calming and restoring the Spirit. The end result is a calming of the nervous system which, over time, helps one to better cope with the heavy and distressing emotions associated with grief, depression and anxiety. To schedule with Chuck, visit [www.ericshouse.org](http://www.ericshouse.org).

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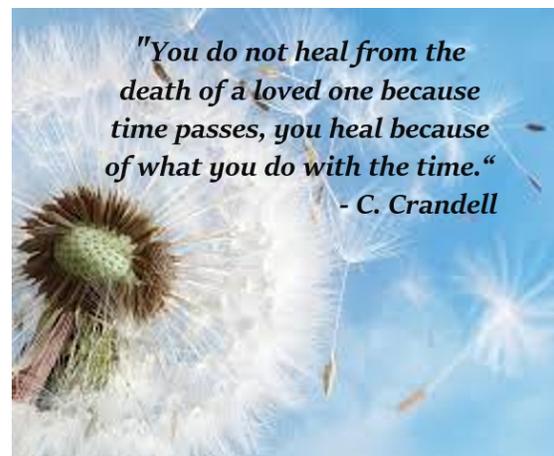
### **A Place for You**

By Michele Meleen

My child, I keep a place for you  
where no one else can see.  
I have this gift nobody has  
the bond between you and me.

At times I cannot feel you here  
and that pain won't go away.  
But when I search my place for you  
you're with me every day.

My child, you're not lost,  
you don't need to be found.  
I've got you here, in my heart  
where we're forever bound.



*"You do not heal from the  
death of a loved one because  
time passes, you heal because  
of what you do with the time."*

*- C. Crandell*

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## **Brain, Breath, and Healing: Developing a Graceful Pause**

Thank you for a wonderful and peaceful presentation on Thursday the 24th of October. We learned about how the brain works to protect us, and how the feelings,

though very normal, can sometimes sabotage our health. We learned a few techniques that can help us be the observer in the healing process like belly breathing, using sound (the gong in this case) to allow for a quiet space in the mind, and mindfulness practices that give us a pause in our lives to help us heal. The feedback was beautiful, and the opportunity to process a true gift.



**THIS WAS SO SUCCESSFUL WE WILL BE PLANNING ON HOLDING ONE EACH QUARTER IN 2020!**

**Presented by Dr. Kathleen Benjamin Rickard  
EricHouse Board Member and Nurse Practitioner**

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## EVENT LINEUP

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**Women's Support Group**, 7:30 - 9:00 pm Every Thursday for 12 weeks. Cost \$50.00 for the full 12 weeks. **CLOSED**

**Men's Grief Support Group** meets every other Thursday **OPEN** - see website for details. or email Greg at gregeckerman@yahoo.com.

**November 12, 2019**. Part 2 of a 3-part series called "**Holding Hands for Hope**". **Part 2** is suicideTALK presented by the Franciscan Renewal Center (The Casa), notMYkid, and EricHouse. Event will be held at the The Casa from 1:00 to 4:00pm. No charge for this training event.

**November 21 and 22, 2019 -- Part 3 of our "Holding Hands for Hope** series sponsored by the Franciscan Renewal Center (The Casa), notMYkid, and Ericshouse. Part 3 is two-day applied intervention skills training (ASIST) designed for members of all caregiving groups. Cost: \$40.00 for meals. Register at [www.thecasa.org](http://www.thecasa.org).

December 14, 2019 - **Private Readings with Melinda Vail** - one-one private readings scheduled throughout the day. These slots fill up very quickly so register now. The cost is \$250.00 per session.

If you are interested in **3-day retreat** in Phoenix Arizona for grieving parents, please contact Marianne at [marianne@ericshouse.org](mailto:marianne@ericshouse.org). This retreat is based in Catholic tradition but is open to all denominations and belief structures. It is for all parents who have lost a child, by any cause, at any age, no matter how long ago. An amazingly healing and transformation experience. **December 13-15, 2019**. Costs include all meals and materials -- \$135.00 Commuter \$225.00 Private Room w/ Bath \$135.00 Shared Room w/ Bath. You can also visit [thecasa.org](http://thecasa.org) for more information or to register.

**Group Readings with Melinda Vail** - group readings in a small intimate session. Seating is limited to 6 people. Cost is \$45.00 for the evening. January 24, 2020.

**Journaling for Comfort, Clarity & Healing** by Dr. Sandi Howlett, **January 18, 2020, 1:00pm to 4:00pm**. What if you had a tool at your fingertips which could help you 1) relieve personal stress, 2) make sense of the insensible, 3) problem solve, 4) hold conversations on paper with people who are otherwise inaccessible to you, 5) breath and move easier as well as 5) celebrate the goodness in your life? Well, it is all as close as a blank book and a pen.....as Glinda Good Witch told Dorothy in the Wizard of Oz, "You had it all along!" AND it can be very helpful to have a tour guide to help recognize these things.

SEE [WWW.ERICSHOUSE.ORG/EVENTS](http://WWW.ERICSHOUSE.ORG/EVENTS) FOR ALL EVENT DETAILS

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