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Psychological Flexibility and Resilience in Parentally Bereaved College Students *[Title of article]*

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### Critique article #1

Of clinical and practical relevance, Murrell et al.'s (2018) work has uncovered various implications. **In terms of the nature of resilience, Murrell's et al. (2018) concluded that it is highly related to recovery from bereavement difficulties.** Knowing that resilience helps traumatized individuals to attain their pre-trauma psychological states, psychological researchers and practitioners can then implement resilience's protective factors on traumatized clients. In essence, **resilience not only provides recovery for traumatic clients but also strengthens their mental developments as well as functions and psychological immune systems so that they are not easily sabotaged in encounters of future adversities or PTEs.** Thus, providing resilience training programs in clinical settings certainly benefits traumatic clients. **Moreover, Murrell et al.'s (2018) research supported previous theories such that avoidance behaviors, resembling the first stage of the grief process - denial, tend to be inevitable and occur in the beginning stage of bereavements.** Further, focusing on values can implicitly be interpreted as meaning making which contains several extents. **EA fosters avoidance behaviors and such behaviors might have already impeded clients' loss;** hence, clinical and counseling psychologists should encourage bereaved clients, particularly parentally bereaved college students, to embrace the reality. **In other words, meaning making is to rationalize the existence of their experienced PTEs in**

addition to perceiving the reality. Followed by rationalization, meaning making can also reduce bereavement difficulties.

In the context of parentally bereaved college students, results showed that some students did not experience any grieving symptoms, indicating that they might have previously developed an extent of resiliency. Perhaps they have undergone many severe adversities or PTEs, therefore they do not react to their parents' demises as intensely as others. An alternative explanation for this phenomenon is that humans have congenital resilience, suggesting that resilience is inherited. Contemporary developmental psychologists who study resilience have proposed that infants as young as six-months-old can exhibit resilient behaviors. For instance, an infant who experiences the absence of their parents from their eyesight could have cried for the entire day. However, some infants can show an adaptive response to remain quiet after a brief period of tantrums. Then, those bereaved college students could have born with higher levels of resiliency than those who fall into the vicious cognitions of EA.