

LUIZ HENRIQUE ROSSI

IMPORTANT THREE POINTS - WEEK 2

1. The “Grief Counseling and Grief Therapy” book brings an interesting aspect of the grief process, when the author says: “each person’s grief is like no other person’s grief”. This statement reminds me that for each client the grief process will happen in different aspects and if I am aware about it, I will be able to offer him my best to help him to work in his bereavement. Also, another aspect that shows respect for the client is the way the author sees some kind of grief as he prefers to call ‘abnormal grief’ by “complicated mourning”. This change gives to the professional a humane seen about the client.

2. The book “the Myth of Closure” helped me to understand that the racism is an issue that goes beyond social historic aspects that can be fixed just by signing some laws to benefit those who were and still are affected by the slavery. When the author affirms: “being traumatized instead of nurtured will affect not only children but also their own offspring as well”, this reminds me that I will be working not only with my client himself, but also with many others historic and emotional aspects that impact his live. So, as therapist, I need to be aware that “historical context matters for human development”.

3. The cultural issue discussed in the book “Journey Across the Life Span” brings an important aspect for the right approach in health care. Many mistakes have been credited to the fact of health professionals have not cultural competence and therefore, even unconscious, they harm clients from different culture. Developing a cultural sensitivity is one of the most important challenge for me as a future therapist. Then, I hope to understand some fundamental aspects of my client’s culture, as beliefs, values, norm, folkways, religions, race and so on, in order to offer a very effective treatment to him.