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Chapter Presentation

Week Two

One of the three things I learned from the reading this week that could be useful for my clinical work was about disenfranchised grief. It was my first time reading about it, and I was just wondering how often people face socially negated losses and do not receive the support and attention they need. Because some kinds of losses are not recognized or do not fit society's idea of grief, finding social support and sympathy for disenfranchised grief can be difficult.

Understanding that will help me give the support my future clients will need.

Second, it was a good reminder that people grieve differently. Even though we are all human beings, we do not respond to losses in the same way; therefore, we do not grieve in the same way. If I ever face clients with complicated bereavement, I should not see the person through a list of diagnostic criteria but carefully approach each individual in a unique way. Keeping in mind that each person's grief is like no other person's grief.

Third, another concept that was new for me is the concept of Ambiguous loss. The author mentions two types of ambiguous loss, loss in which a loved one is missing physically and loss in which a loved one is missing psychologically. It was compelling to learn about this, especially because I have never thought of losing someone psychologically through this lens. Moreover, it made me aware that we were not only impacted by the ambiguous losses brought up because of the pandemic, but we are living right now with the pandemic of our devices making people emotionally unavailable for their loved ones.