

Stephany Menezes

MFT 603B: Individual and Family Development

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Chapter Presentation: Week 2

1. The introduction in “Grief Counseling and Grief Therapy” by William Worden was very insightful as I personally have never stopped to think too much about how grief impacts our society. A topic that is discussed within the first few pages is how social media has become a memorial platform to keep the memories of our deceased loved ones alive. I never stopped to acknowledge how accurate that actually is in today’s world, not to mention reaching not just friends or family but strangers who interact and get to know the deceased’s story.

2. Another fact that I learned while reading Worden’s book was how complicated grief is when it comes to diagnosis and getting insurance coverage. On page 3, Worden explains that grief is a Z code in the DSM and that Z codes do not qualify for third-party payment through insurance carriers. Not only is it hard to diagnosis but also research on the issue has been hard and they have relied more on the aspects of grief, which could encompass depression and anxiety. I believe that most people do not see grief as a mental health disorder therefore it makes sense why they would look at depression and anxiety to explain the prolonged period of grief. The truth is grief is not something we can measure to get over with time, as also mentioned in the text. However, society only respects up to a certain amount of time for grief and puts pressures on individuals to get themselves back together after that acceptable time period is over.

3. Lastly, the third point I would like to discuss also comes from the same text, where Worden mentions resilience or an adaptation to recovery. They focused their study on children over a 2-year period after a death and I found it interesting how only 20% of those children weren't doing well after the death of a parent. Most children either adapted or "made do" with the situation. The loss of a parent can be detrimental for a child however; this study shows how resilient they actually are. I believe that the loss of someone is always with us but we learn to cope in most cases.