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MFT 603/ RP 2

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1. Disenfranchised grief from Grief counseling and Grief therapy

Disenfranchised grief means losses in the mourner's life of relationships that are not socially sanctioned. I never thought about that grief in my life. This grief is more painful than normal because they can't invite or be invited to the funerals and share their feelings with others easily. I am thankful to know about another side of the grief.

2. Cultural competence from Journey across the life span

It is an essential ongoing and conscious process for the healthcare field works. Acknowledging different cultures with patients, even friends helps understand their thoughts and behaviors. Also, it prevents blocking relationships between workers and patients, reduces health care disparities, improves outcome and patient satisfaction.

3. Historical context matters for human development, and being traumatized instead of nurtured will affect not only children but also their offspring.

I agree with that point, I know my grandmother went through a war with Japan, so she had hostility to the Japanese. Therefore, she kept talking to her children about what the Japanese did to Korea. As a result, her children naturally thought and felt toward the Japanese like their mother did. It takes time not to remember that time and forgive them, but we need to step forward for the next generations.