

The three concepts in these chapters that were most impactful to me were maturational losses (Grief and Loss Across the lifespan), the cross generational transmission of trauma (The Myth of Closure, and resilient adaptation (Grief counseling and Grief Therapy).

Without a full understanding of grief and loss it's common to think of loss as only referring to death or some other unexpected event such as divorce. Learning that maturational losses are a valid form of grief can bring a lot of comfort to a person. When I got married and was expected to change my name, when I had children and realized how difficult it was to spend alone time with my husband, when I left my corporate career to do something that paid much less money but made me more available to my family – I secretly mourned all these events because I didn't think I had the right to do so. Had I known then that these events are considered actual losses I would have felt a lot less guilty and probably healed from my post-partum depression sooner.

After all, in my mind, these were “minor” events hardly worthy of my grief. Especially since I had experienced a good deal of Big T trauma in the past. Learning that trauma can be passed down generationally stunned me to silence. As I took a moment to process it, the realization of how systematic racism and abuse has kept people of color behind for hundreds of years brought me to tears. Especially considering the recent killing of Tyre Nichols. Social injustice is a topic that I find myself avoiding because of the emotional heaviness it causes me.

I was also interested in the point about resilient adaptation. It made me wonder if race was considered in that study. People of color have endured trauma for centuries. It wouldn't surprise me to find out that children of color happened to score high on resilience. My friends and I have discussed many times how we just “make it work” and move on. We don't often

allow ourselves the space to grieve because we can't. Having experience with big T trauma almost makes any other type of loss, feel inconsequential. Even though, I know it is very real.