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Chapter Presentation

Week Three

One of the three things I learned from the reading this week that could be useful for my clinical work was about defense mechanisms that people may use to reduce anxiety. I assume that while dealing with grief counseling we will be encountering many people in denial when coping with unexpected losses. Although I have been exposed to the subject of defense mechanisms before, I have never realized that denial happens in the unconscious level. It will be helpful to keep that in mind to better when trying to help the client face the reality that they may be trying to escape from.

Second, as I was reading Maslow`s Human needs theory, it made me question the second need safety being a requirement to a child need to feel safe at home first before being able to venture into larger communities or school. Even though, there is no safety at home, once the child experience it outside or at school, it can be a powerful tool to meet at least part of this innate need of feel secure. Therefore, I think that perhaps finding safety at school may actually empower the children to develop in some healthy way.

Third, learning about the distinction of the terms grief, mourning and bereavement help me to better understand the topic. Grief is the normal process of reacting to a loss. Grief can be in response to a physical loss, such as a death, or a social loss including a relationship or job. Mourning is the process by which people adapt to a loss. Mourning is greatly influenced by cultural beliefs, practices, and rituals. Bereavement is the period after a loss during which the person is trying to adapt. The time spent in bereavement for the loss of a loved one depends on the circumstances of the loss and the level of attachment to the person who died.