

## LUIZ HENRIQUE ROSSI

### IMPORTANT THREE POINTS - WEEK 3

1. Talking about growth and development, it was helpful to me to understand the levels of awareness proposed by Freud that includes conscious, subconscious, and unconscious levels. As a therapist, I will be aware to identify painful memories that are kept at the unconscious level to avoid anxiety in the client's life. The psychoanalytical theory is an important tool to evaluate and help clients to overcome emotional struggles that they are not aware of.
2. The defense mechanisms are mental mechanisms to help individuals cope with the threat of anxiety. It is essential to understand this because the overuse of defense mechanisms can be an obstacle to the individual achieving personal growth. Knowing the most different types of defense mechanisms the therapist can address the appropriate therapy to help the client to overcome her anxiety and take steps toward her growth.
3. The attachment theory is one of the most important elements to be considered when we talk about the loss and grief that people experience in their lives. According to Bowlby, attachment is the tendency in human beings to create strong affectional bonds with others to find support and safety. Also, I liked the conceptualization of three important terms related to this theme: grief, mourning, and bereavement. Still, as a future therapist, I appreciated the four categories of normal grief behaviors: feelings, physical sensations, cognitions, and behaviors. Identifying the type of grief the client is experiencing will help me to support her in her process of adaptation to her loss.