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MFT603

Week 3 readings

Professor Tessia Wells

February 7, 2023

- It was enlightening to read about the defense mechanisms. Understanding how a person is shaped by and the types of defense mechanisms adopted can really be helpful during clinical work. It is a window into the person's development and awareness of self. I also think that moral development is a key component in personality forming and sense of place in the world.
- The attachment theory is very helpful in determining the health state of a relationship based on healthy bonds.
- The states of grief, feelings, emotions and physical manifestations are very helpful in assessing how a person is dealing with grief and loss.
- It was very eye opening for me to learn about grief over an abortion or lost baby. The most difficult part was to read how unacceptable it is to speak about it and that while women have choices, the ramifications of such choices can linger on forever.