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MFT 603 - Spring 2023
Dr. Tesia Wells
Reading Reflection - Week 3

1. In *Grief and Loss Across the Lifespan*, it discussed the bio-psycho-social-spiritual aspects of grief. In the section about the biological effects on grief, I had no idea that the immune system can change in functioning with relation to expressed emotion. It validates and encourages the need for self-care when people grieve. I realize the necessity for assessment at intake, regarding physical health, could provide more information and background on what the client may need in treatment. The book also suggested mindfulness practices to manage grief and help calm inflammatory responses, which could be a technique to recommend to clients who are grieving. It's almost like grief is an emotional infection on the body, and even this image and language of infection could convince skeptical clients to take care of their grief.
2. In the section about social effects on grief, rituals have so much power and impact to help validate disenfranchised losses. Rituals can help grievers develop rituals of "transition, reconciliation, and affirmation," which will help them process the pain and make steps toward adjustment. The therapist can help clients find rituals that could break down the overwhelming parts of grief.
3. The dual process model gave a clear visual of what oscillation between loss orientation (LO) and restoration orientation (RO). Grieving process isn't linear - there are some good days and bad days in the journey of healing. The diagram allows the therapist and the client to track and follow the oscillation, but also the suggested questions provide further analysis to see how often the client spends in loss or in restoration, or even how many times they've gone back and forth. Personally, the visualization and the tracking informs me on progress and I think it could be used to encourage clients, as well as help me, as the therapist, adjust any goals in treatment.