

Individual and Family Therapy

Dr. Wells

Esther Oliveira

Homework Week 4

Grief Counseling and Grief Therapy show us that we will understand that everybody has a different mourning time in the mediator process. For some, mourning can be very intense, and for others, mild. Kindship is related to the relationship a person has with the loved one. The grief will depend on the correlations between them. The kinship is related to the level of the relationship. The mourning is associated with the nature of their attachment to the deceased. Last week I was at the funeral of a dear friend who died at the age of 200. Everyone was grieving, but her grandson Jason, was inconsolable because she raised him. Their attachment was bound by love, emotion, and dependency.

In the book *Journey Across the Life Span*, the author points out how toddlers are curious, energetic, and eager to explore and discover new things daily. However, that curiosity can be a platform for danger and, sadly, could cause a severe accident leading to death. Because they are very innocent in recognizing that, parents must play a significant role in their lives at that stage. Entering the preschool stage, the child will be more alert and present with more information because they can focus on different sources simultaneously.

Even though the term closure was used more often during the pandemic to demonstrate the losses during that period, having no closure can be devastating, explaining Boss. The ambiguous loss is related to a profound loss because of the emptiness and the pain because a person lost a loved one not only throughout that person's death but in many other ways. A father that had Alzheimer, a business that got on fire, or a loved one that was kidnap, and the family never knew what had happened. The missing body and the possibility of closing that chapter in a person's life can be devoted.