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Chapter presentation

Grief Counseling and Therapy

In this chapter I managed to recognize the different mediators of mourning, which I had totally ignored, because for me, before reading this chapter, only the proximity between the survivor and the deceased mattered. This chapter shows me the different factors that I have to take into account when grieving. This will allow me to be more effective in the possible support that I have to bring to a bereaved person. My support will be by trusting her, being present, talking with her, listening to her is the best way to support her. Dialogue allows us to resituate her in her humanity.

Second, I learned about the different things that grief has to do with family. Specifically, the second mediator, the manner in which the deceased died has consequences for the survivor(s), precisely in the case of a violent death. It was hard to understand why no one goes more than 5 years without ever stopping to mourn a son. This chapter makes me understand where this prolongation of mourning comes from.

Third, regarding parental responsibility, guilt can surface after the end of a child's life. In this chapter, I discovered the different types of guilt that a parent experience following the death of his child. Being cultural guilt, moral guilt, survival guilt and recovery guilt.

The Myth of Closure

The first thing I learned from this chapter is that death does not end a relationship, only ends life.

I did not focus on the fact that even after death a relationship may still exist with the only difference being that we are in a relationship with a person who no longer exists physically. I think it involves living in the past to keep that person alive through their actions and deeds. I can also see it with a cultural eye. In some cultures, being in contact with a dead person is an abomination. This relationship has become only spiritual, and spirituality is interpreted in different ways depending on the culture. However, the deceased is actually existing in the mind of the living person.

The second thing I learned from this chapter is that sometimes it's better not to look for closure. Although closure can have several definitions or closure may be understood in different ways by people, but the theme closure as its name suggests is to end something. In the case of death, ending all contact with the deceased is sometimes very difficult, because this person has done unforgettable things in his lifetime, and it is even impossible to forget them. Accepting the loss of the living person and learning to live with the new reality is essential. However, I think it implies that we have to live in the imagination. To relate to a physically absent person is to live with imagination.

Third, I didn't know it was possible to ask forgiveness or forgive someone who is no longer physically.

The question I ask myself from this perspective is how can a dead person forgive you? Isn't it just an illusion to have peace of mind for the number of times you've hurt or humiliated that person in their lifetime? What is the feeling of the dying person if he can neither receive nor give forgiveness in turn?

Grief and Loss

The first thing that I learned from this chapter is the meaning of a child's gestures.

We have always seen the gestures of children, but most of the time we do not know what the child wants to express. This ignorance can have a negative effect on the child, as the child may feel that he is being neglected by his own relatives. Understanding the child's actions to meet their needs in a timely manner develops closeness with the child and promotes the child's trust in their parents. A child's trust in his parents strengthens his self-esteem. Self-confidence is very important for the child, because it allows in the future to have a realistic view of his abilities. Believing in your abilities allows you to better manage your emotions and achieve your goals. Having self-confidence is beneficial for mental health, success, decision-making and resilience.

Second, how the socioeconomic status of parents affects toddlers caught my attention. Cognitive functions, which are the capacities of our brain that allow us to communicate, to perceive our environment, to concentrate, to remember an event or to accumulate knowledge, once diminished, affect the child very negatively. This set of intellectual skills includes verbal and visual skills, reasoning, as well as measures of working memory, speed of execution and processing of information. However, in many homes with low socio-economic capabilities, there are very alert and highly intelligent children.

Very often, little importance is given to the different stages of a child's life, which leads us to neglect to take good care of and better understand our children. We have often emphasized the material needs of children and neglected their emotional needs. However, a child's unmet emotional needs can have more devastating effects on the child than unmet material needs. In this

chapter, I learned about the different types of toddler losses and understood their reactions to these losses.

Journey Across Lifespan

What I learned from this writing score are the developmental stages of a toddler. Reading this portion gives me the opportunity to know and understand the stages of a toddler's life. We thought protecting toddlers did everything for them, because we would ignore signs of addiction on their part. The knowledge acquired from this chapter allows me to know how to properly raise a toddler so that he can develop adequately in all aspects of life. We end up understanding that the overprotection of toddlers has different consequences such as the lack of autonomy that can imprison the child in a state of dependence, the lack of self-esteem that can cause a feeling of lack of values and abilities, and Inability to adapt and socialize; a super protective child will find it difficult to feel safe outside the family cocoon. When exposed to the outside world and to the rest of society, he will always have a fearful, pessimistic or even aggressive attitude.

Another very important point is the impact of the birth of a new baby on the lives of children. This aspect is often overlooked by so many parents after the birth of a new child. Sometimes we even manage to neglect the other to take care of the newborn.

After reading the eighth chapter one became aware of the physical development of a toddler.

This chapter to understand:

Motor development or motor skills.

Communication and language development.

The development of understanding (cognitive);

The development of relationships (socioaffective).