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MFT 603 - Spring 2023
Dr. Tesia Wells
Reading Reflection - Week 5

1. The mediators of mourning *Grief Counseling and Grief Therapy* were helpful to see the different factors that can help assess a client's grief. In particular, NASH represents an acronym to describe how a person dies into four major categories, but it is good to note that other factors, such as proximity, suddenness/unexpectedness, violent/traumatic deaths, multiple losses, preventable deaths, ambiguous and stigmatized deaths could all influence how a person deals with grief (p. 61).
2. In *Grief and Loss Across the Lifespan*, it mentioned about "religious homogeneity," where the couple/parents are on the same page religiously (p. 64). The couple may have differences in values and worldviews, which could contribute to some conflict they might experience. Would this faith harmony be something to encourage couples? I guess it wouldn't be explicitly, but I wonder if there are couples who are open to the suggestion. During the intake, it might be worth noting their differences in faith.
3. *Journey Across the Lifespan* helped put in perspective Latrice's story in the *Grief and Loss Across the Lifespan* reading, specifically the type of play that is typical of toddlers. While Latrice is older than a toddler, her experience as a toddler really marked her, and she played out that memory in play therapy. It's interesting to learn that play can both be therapeutic and an opportunity to teach (by modeling behavior). The symbolic play that children can engage in, whether for development or for therapeutic process, helps children be children and express in the way that feels most safe to them.