

LUIZ HENRIQUE ROSSI

IMPORTANT THREE POINTS - WEEK 10

1. I liked very much the chapter 8 of the book “Grief and loss across the life span” because all content is about my age, and I was very interested in learning about many aspects that involves this period of my life. As I was reading the chapter I was comparing to my life. The author said this is the age of “generativity vs stagnation” and this is true. I am 57 years old, and I feel that this has been a time for personal growth as I push myself in order to build legacy for the next generation. Despite of this being an age when many physical problem come out, I feel privileged for having a good health and being able to work very hard. Other point that I liked in this chapter is the reality that in this age sometimes we have to take care of our parents while sometimes we still have to support our adult children. I am living exactly that experience, what is new to me and my wife, demanding a permanent adjustment and effort from us.

2. Diagnosing complicated mourning is really a challenge that will demand a lot of training and sensibility from me as a therapist. Sometimes a complicated mourning is hidden by a physiological issues caused by cumulative losses and the client is not able to perceive what it is behind her sickness. I really found interesting the clues the author suggests for diagnosing complicated mourning. They seem very efficient and for me there are three that I would highlight. The first is when “minor loss triggers an intense grief reaction”, I mean, sometimes the intensity of reaction is very disproportional to the event. The second one is the “radical changes to the lifestyle”, what should raise a red flag, especially when the person exclude friends and family members from her life. The last one is the “self-destructive impulses and actions” as a reaction to the person’s inability to deal with the loss of a loved one.

3. The chapter 6 of the book “The myth of closure” talks about the ambiguity that is inherent in any event of loss. According to the author, “both/and thinking means being to hold two contradictory ideas in one’s mind at the same time”. I think this is a fundamental concept that need to be understood in order to navigate for the waters of loss. The ambiguity is part of the loss, and this means that everyone will experience different feelings and thoughts toward the same event. This concept means that there is no “perfect solution” in the mourning process and that holding ambiguity doesn’t mean something is wrong. Knowing this can relieve the bereaved person from guilty and anxiety and put her in a path to go through her life with more purpose and hope.