

MFT 603 – Individual & Family Development

Dr. Wells

Esther Oliveira

Week 10 Homework

The author Worden brings a devastating reality that counselors should be aware of the treatment clients will need when facing a loss from suicide, sudden death, infant death, miscarriage, and abortion. The growing number of suicides leaves many families with guilt, fear, rejection, shame, and anger. The counselor must be prepared to deal with such emotional pain and distress. The family must deal with many feelings and questions that will never be answered and understood. The counselor must be prepared to intervene with effectiveness. The adverse reaction from people around the survivors can cause more pain and suffering. A pastor's wife who had lost her son to suicide told me that the day she was burying her son, somebody said: "*How said must be to know that your son is burning in the flames of hell, know?*" People are ruthless and do not respect somebody else's pain and feelings. Counselors should be aware of the consequences of the loss and help their clients with respect and dignity.

Grief and Loss Across the Lifespan will approach middle adulthood, which started in the 40s and ended in the 60s. Most of the time, middle-aged adults provide primary caregivers for both the young and the old generations. Middle age is when women will face many changes in their health, including menopause, stage, chronic health conditions, heart disease, and stroke. Many

women in this stage embrace a healthy diet and an exercise program. Women will develop a decline in their reproductive hormones. Menopause and their reaction will affect their health; ovarian aging, osteoarthritis, sleep disturbance, and diabetes are also present during this stage. Men also face many changes during middle age; prostatic hyperplasia and loss of virility, high blood pressure, high cholesterol, osteoarthritis, chronic lung disease, diabetes, heart disease, and cancer can affect their health. The changes midlife brings make many people think about their spirituality and try to have meaning in their lives. That was a reality I could notice in my family, especially after my father and mother passed away. My brothers and sisters started to have a more honest and closer relationship with God.

Grief and Loss Across the Lifespan will bring new concepts about retirement. Many people dream about their retirement, which will finally be days off jobs, schedules, family time, extended vacations, moving to a different place with a hot heater, and more rest. This reality has changed because people are living longer. The expectation of extended years for retirement has been 15 to 20 years. Well-educated people who enjoy their careers, life, and friendship are postponed their retirement. Unfortunately, the statistics prove that people of color and lower educated people are less prepared to retire early, followed by African America, Asian American, and Whites also felt unprepared for their retirement. The Latinx people who need a retirement plan or sufficient money to retire are on the lower rank with the possibility to retire at sixty or sixty-five years.

The ambiguous loss of a loved one continues to be devastating among families, declared Pauline Boss; the confusion, anxiety, and hopelessness are feelings that surrounded; and the counselor had to deal with. Ambiguous loss for dementia, alcohol, a missing body or addictions, can bring better understanding if approached as a contradiction of paradox. The person is present but at the same time is not there. This is a paradox for many relationships, families, and loved ones. The forbidden funerals and the separation that the pandemic brought among humankind was an ambiguous loss that many families are still dealing with.