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MFT 603 - Spring 2023
Dr. Tesia Wells
Reading Reflection - Week 10

1. *Grief and Loss Across the Lifespan* addresses that caregiving has considerable losses that I was not aware of. When considering the time it requires and the new responsibilities of this role, it is a new lifestyle that people must adjust to. Depending on their resources, they might not have other options to choose, but only to take on this role. When meeting with clients in the caregiver role, this type of information could help frame some expectations for the caregiver, in order to manage and process their “chronic stressor” with a little more awareness and flexibility. Where can people find seminars about caregiving to better prepare for the role?
2. Moving to a new home, due to “downsizing,” also involves many losses, not only for the couple, but even for the children, and any others who grew up in this home. Typically, this home represents a significant period of each family member’s life, filled with physical and emotional attachment to the people, places, and things in their neighborhood. The nostalgia sets in. While the move could be exciting, it is also sad when remembering the cherished moments of living in this home.
3. When a person is dealing with *multiple losses*, *Grief Counseling and Grief Therapy* recommends to start exploring the loss that seems to have “the fewest complicating factors” (p. 163). It may be helpful to start with the “less complicated” loss in order to ease into deeper exploration toward the loss causing the most pain. If we were to start with the most painful, there could be a lot of resistance from the client, and possibly inflict more pain to the client. This approach establishes safety and emphasizes the value of exploration and “investigation” in the therapy room to allow the client to embrace and confront the complex emotions of loss.