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Chapter Presentation

Week 11

I found it really important to learn about the resistance we may encounter while doing grief therapy. The book warns that the therapist should be knowledgeable and keep the sessions focused. The client may express opposition by not focusing on the grief problem that has brought them to therapy in the first place and going off on distracting issues that are unrelated to grief.

I like the example the book gave about a woman who had lost her son and started complaining about problems in her marriage almost halfway through her treatment. The therapist wisely and lovingly brought her back to focusing on her son's death while offering to see the couple for marital therapy after they were finished with grief therapy. I was surprised to find out that there was never a problem in her marriage, but she was using it to deflect the anger emerging from her son's death.

I appreciate learning the difference between keepsakes and linking objects. Keepsakes are a token of remembrance while linking objects are meaningful symbolic objects that provide means by which an external relationship with the deceased can exist.

It helped me to identify the meaning of some of my mom's belongings that I keep to this day. Right after her death, wearing some of her rings helped to stay connected in a sense, but now I keep it as a pleasant memory. So I believe an object can start as a linking object and eventually become a keepsake.

It was essential to learn more about Middle adulthood, the period from the mid-40s through the early 60s. Middle age is a time of generativity where individuals demonstrate an interest in their

communities. It can also be a time when adults are overwhelmed with the responsibilities of caring for older generations while caring for themselves and their kids, a phenomenon known as the sandwich generation. As a counselor, I must understand the possible physiological, psychological, cognitive, and health challenges this age group may go through. life.