

Rebekah Lee
MFT 603 - Spring 2023
Dr. Tesia Wells
Reading Reflection - Week 11

1. *Grief Across the Lifespan* talked about the influence of governments and employers and the structure they provide for people towards retirement (p. 208). The section mentioned about “forced retirement” in countries like Israel and it made me consider the meaning of work in some cultures and the reasons why a person might seek out work. The pandemic altered the meaning of work for each generation, and the adjustments that took place influences the meaning of retirement.
2. The suicide section of *Grief Counseling and Grief Therapy* includes interventions to use with survivors. One of the interventions corrects denial and distortions, where survivors need to face the reality of the suicide in order to be able to work through it (p. 187). In therapy, it might become disturbing for both the therapist and the client, especially when describing the images of the scene (for those who witnessed suicide). I realize that not every therapist or counselor might be willing to explore these graphic images, but it seems that EMDR is another treatment option for survivors, if talk therapy is not available. In a similar thread of testing reality, there may also be illusions that the survivors have about the deceased that need to be challenged into a more balanced, realistic view of the person. The survivor might feel more conflicted if they need to decide on an image of either “bad” or “good” of the deceased.
3. In *The Myth of Closure*, Dr. Boss encouraged her readers to write down losses and reflect on them as a part of our legacy (p. 54). She says that “there are stories of resilience, but some may be of downfall or failure,” but these stories can provide significant meaning to the person who lived through these losses. When we include losses into our narratives, these experiences deposit in us wisdom and perspective that can change our outlook and our interactions with other people. There can be a purpose to the losses we experience. Our ownership speaks to the message that pain is an inevitable part of life, but it can be transformed.