

Grief Counseling and Grief Therapy

In this chapter, I come to recognize what a chronic grievance is, which is a label for a grievance that lasts over a long period of time. Individuals so identified continue to suffer from their grief experience for years without ever effectively moving forward in the grieving process.

Delayed grievance which is an experience of deep mourning, long after experiencing the death of a loved one. A situation that occurs when our emotional reaction to the loss does not occur right away. Somehow the reaction is delayed. Postponed for months, years, even decades.

Exaggerated grief which is the exaggeration of the normal grieving process, through actions, words or sanity. Exaggerated grief can include major psychiatric disorders that develop as a result of a loss, such as phobias resulting from thoughts, actions, words, etc.

Before reading this chapter, I would never have imagined that one could exaggerate the grieving process, because I thought that it was normal for these people to react according to certain emotions beyond the capacities that the grieving experiences.

It must be said that in this chapter, I learned to accompany people who are going through a period of mourning by helping them to revive the memories of the deceased, to evaluate the mourning tasks with which the person struggles, to manage the affect or lack of affect stimulated by memories ect

Journey Across the LifeSpan

In general, I learned about the functioning and development of the body from mid-adulthood. Middle adulthood (or midlife) refers to the period of the lifespan between young adulthood and old age. During this stage, physical changes begin to occur which shows that the body is aging. These include skin that begins to lose its elasticity and gray hair that occurs due to loss of pigment. It's a time when the physiological aging that started earlier becomes more noticeable and a time when many people are at their peak of productivity in love and work.

Quarantine as a central and pivotal period in the life course. It falls at a critical juncture examining the changes taking place physically, cognitively, and socially. Midlife has a somewhat unique life-course advantage with the juxtaposition of gains and losses for aspects of ongoing physical, cognitive and psychosocial changes.

Socially, midlife is a time of transition in which one retains past self-images while forming new ideas about the future self. Greater awareness of aging accompanies feelings of youth, and harm that may have been done before in relationships haunts new dreams of contributing to the well-being of others.

Sandwich Generation: As middle-aged adults devote more resources to their adult children these days, the survey finds that the public places a higher value on supporting aging parents than supporting adult children.

Grief and Loss Across the LifeSpan

Bridge employment is then defined as a transition from career employment to a later life that involves paid work with a new employer, (i.e. a "transition" between a career and retirement). A direct exit, on the other hand, is defined as a one-step transition from career employment to complete withdrawal from the labor force.