

## Individual and Family Therapy

Dr. Wells

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### Homework Week 12

In the last chapter of *Journey Across the Life*, Span will see that loss is something that everybody will face in life. A person's relationship with each other will influence the process of grief. In our journey through life, everybody will face loss. Everybody's griefs are different. John Bowlby stated that a person could go to protest the separation, where a person cries and has difficulty accepting the loss. The second phase is despair, and they are sad about their loss, and the last phase is detachment, the child recognizes and regains his loss. In the final stage of recognizing his loss, the person will need family and friends' support to reconstruct their life.

*Grief and Loss Across the Lifespan* will describe how difficult it is for older adulthood deals with losses. They will face many losses as their spouse or an adult child, besides losing physical and cognitive health. Loss of driving can be challenging; they cannot go places like they used to do. I remember my dad's frustrations and anger when he had to give up driving because he was 89 years old, and his vision and health were compromised.

Pauline Boss brings such a remarkable truth about loss their inevitable. Primarily because every loss we will face in life demands changes, many times representing more losses than we can

cope with or expect. We had to be willing to accept the change a loss would bring into our lives.

Losses can come in many different ways into our lives, and they will change how we deal with circumstances, our daily life routines, and even our times have to change after our loss.