

MFT 603 Individual and Family Development  
Week 11  
April 18th 2023

3 points

### Grief Counseling and Grief Therapy

1. When speaking to clients or helping them to understand that they don't have to get over their grief so quickly can bring perspective to them. Every individual has a different way of processing things. Like the example used in this chapter, we can allow ourselves to take responsibility of our choices as well no matter where we are in the grieving process. I enjoyed learning about the concept of reinvention or designing a new life because it also allows others to understand that it is ok to live without whatever they may be grieving from. Sometimes we have to let go in ways that we may feel also seem impossible as well. Individuals who have concerns regarding a new way of seeing things have to feel ok with expressing whether or not it is ok for them to move forward this way. Sometimes people also have to see what they can do before making decisions or think of new plans.
2. Social relationships can be a good and constructive way to help those who are grieving deal with situations. It can remind them of the supports they may have as well so they can feel the added love. Sometimes a lot of people who are going through the grieving process tend to leave friendships and relationships because they don't want to talk or confront whatever it is they are going through. Sometimes it is also necessary to take into consideration special needs within someone's life to help them readjust to a new normal. Completing the grief work is something that is necessary as well. The process of restoration is a part of this and needs to be reminded in order for individuals to see that they can get through anything with a little bit of support.
3. Timing when going over anything with someone who is going through the grieving process is important because not everybody is prepared to do things or get through things at the same time. Some techniques and methods can be used in order for people to have instilled in them that change is necessary or that change is needed for them to get through this part of their lives. Training them can also be something that is useful and by training it implies us vocalizing whatever needs to be addressed first. Encouragement comes with this process for those who are grieving and can assist with different stages of their process. Encouraging clients to take notes of things such as specific dreams they may have, details that are pointed out throughout the dreams and how often dreams may occur will have a lasting effect on them over time. Sometimes just being there for someone and mapping these things out can be tremendously helpful.