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MFT 603 - Spring 2023  
Dr. Tesia Wells  
Reading Reflection - Week 13

1. *Journey Across the Lifespan* opens this final chapter with an important note about grief. It says, “No individual should deny or ignore his or her need for emotional support during the grieving process. Professional help is available and recommended to ease the pain and suffering associated with loss” (p. 225). Sometimes, it might be easier or more convenient to go through loss alone, but grief is “considered a healthy, normal response of a person to a loss.” Grief may be so uncomfortable and painful, but it’s a natural response that ought not to be suppressed or dismissed.
2. In *Myth of Closure*, Dr. Boss advocates for changing after loss. She says it’s important to balance continuity with change - to keep something the same as it was prior to the loss, as a way to provide some kind of grounding for a person in the midst of change (p. 108). Change often creates resistance in people, possibly because it feels unstable when it happens, but Dr. Boss encourages her readers that our main benefit in any time of adversity and change is that we can discover our resiliency (p. 115). Even in Scripture, the Red Sea posed as a huge barrier for the Israelites, but God did not remove the barrier. He made a way through it. While we cannot avoid challenges in life, I think it’s worth considering the ways to confront and get through the inevitable challenges in life. We will learn that God does equip us with a capacity to overcome with His strength and not our own.
3. One of my main takeaways from the readings about the Fourth Age is the need for advocacy and types of services to provide for their safety and care. Vulnerability seems to be an unspoken but repeated theme in each sphere of development - biological, psychological, social, and spiritual. A person’s level of comfort with vulnerability and limited access could influence their response to all the challenges and changes that happen during this life stage. I appreciate the Abuse Intervention Model, which investigates the older adult’s level of vulnerability to abuse. I wonder if this is a part of a yearly health assessment for the older adult.