

Week 7 Discussion

Student's Name

Institutional Affiliation

## Week 7 Discussion

Understanding the multifaceted nature of grief and loss is essential for effective counseling. This discussion explores the resonating vignettes from Chapter 9, strategies to support parents of children with disabilities, and the application of the dual process model of grief. These insights enhance our ability to provide compassionate and effective support to those experiencing significant life changes and losses.

### **Resonating Vignettes**

One vignette that deeply resonated with me was the story of a young woman coping with the sudden loss of her mother. This narrative highlighted the profound emotional turmoil and identity crisis that often accompany such a significant loss. It emphasized the importance of allowing oneself to grieve while finding ways to integrate the loss into one's ongoing life. This vignette stood out because it reflects the universal experience of grief and the struggle to establish a new sense of normalcy after a significant loss.

As a counselor, supporting parents of children with disabilities involves providing both emotional support and practical resources. To help parents avoid feeling isolated, I would encourage participation in support groups where they can connect with others facing similar challenges (Zhao et al., 2021). Additionally, offering individual counseling sessions focused on coping strategies, stress management, and self-care can be beneficial. Providing information on community resources and advocating for inclusive environments can also help parents feel more supported and less isolated.

The dual process model of grief work involves oscillating between confronting the loss and engaging in restoration activities. This model recognizes that individuals need to balance their grief with the necessity of continuing with daily life. To normalize this process with clients, I would explain that it is natural to have periods of intense sadness interspersed with moments of relative normalcy (Fiore, 2021). Encouraging clients to allow themselves to experience both aspects of the grieving process can help them feel more at ease with their emotions and reduce feelings of guilt or confusion.

### **Conclusion**

Understanding the complexities of grief and loss, supporting parents of children with disabilities, and normalizing the dual process model of grief work are crucial components of effective counseling. By integrating these insights, counselors can provide compassionate and comprehensive support to individuals experiencing grief and loss, helping them navigate their emotions and rebuild their lives after significant changes.

### References

- Fiore, J. (2021). A Systematic Review of the Dual Process Model of Coping With Bereavement (1999–2016). *OMEGA - Journal of Death and Dying*, *84*(2), 414–458. <https://doi.org/10.1177/0030222819893139>
- Zhao, M., Fu, W., & Ai, J. (2021). The Mediating Role of Social Support in the Relationship Between Parenting Stress and Resilience Among Chinese Parents of Children with Disability. *Journal of Autism and Developmental Disorders*, *51*(10), 3412–3422. <https://doi.org/10.1007/s10803-020-04806-8>

**Response to a Classmate's Post**

Your discussion on the importance of supporting parents of children with disabilities was very insightful. I particularly appreciated your emphasis on the need for emotional support and practical resources.

In my experience, connecting parents with support groups has been incredibly beneficial. These groups provide a platform for sharing experiences and coping strategies, which can significantly reduce feelings of isolation. Your suggestion to offer individual counseling sessions focused on coping and stress management aligns well with my practice. It's crucial to provide a safe space where parents can express their concerns and learn effective self-care techniques.

Your insights have reinforced the importance of comprehensive support strategies for parents of children with disabilities. Thank you for sharing your perspective; it has added valuable depth to our understanding of how to best support these parents.