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Question One

Losing a family member is one of the most painful and, sadly, typical reminiscences that people have. Experiencing ordinary loss leads to sadness, general weakness, or even pain and anguish. However, these sensations fade over time, and it is reasonable to acknowledge and move on from loss. In complicated grief, feelings of anxiety can be traumatizing for some people and do not improve with time. The distressing emotions are so strenuous and long-lasting that it can be challenging to cope with the loss and return to daily life. As per findings, approximately 10% and 20% of those who lost family members will experience a lengthy spell of complicated pain and grief (Nakajima, 2018). Suffering more than one demise in a short period, as per Enez (2018), is a factor for emergent problematical grief. Family members in the tragedy lost family and friends. Notably, being overly dependent on the deceased is a second significant predictor. Many people lost breadwinners amongst these dozens who are dead, and they are expected to encounter protracted heartache (Enez, 2018). For example, Ellie, a twelve-year-old girl, will no longer be with her father, the primary provider, putting her mom in financial distress. A further risk factor is the onset of abrupt fatalities. The destruction of the Surfside apartment complex was startling and unanticipated, resulting in the untimely death of hundreds of people. Finally, having witnessed a demise can exacerbate grief. Family members who lived nearby and watched the structural damage with their families in it will, for example, undergo complex grief.

Question Two

<https://www.usatoday.com/story/news/nation/2021/06/30/florida-condo-collapse-search-survivors-continues-weather-delays/7808731002/>

As per Kubler-Ross, there are 5 phases of grieving. They are denial, fury, brokering, anxiousness, and recognition (Baker et al., 2016). Each of these levels is a reflective practice that teaches grieving people how to cope with sorrow. Besides, they are instruments that help people frame and define their thoughts and feelings. The USA TODAY (2021) posits that the corpses of two children, ages 4 and 10, were retrieved from the debris, bringing the number of fatalities to eighteen at the point. Losing a child is never easy to endure, mainly when it occurs under odd circumstances. According to the editorial, the victims' relatives portray the Kubler-Ross rage phase of grief. For example, Surfside Mayor Charles Burkett stated that many households have inquired about when the authorities will change the rescue effort to a retrieval operation. Residents also kept asking Charles Burkett to clarify how long the survivors buried beneath the debris of the apartment block can last before help arrives (Ortiz et al., 2021). More so, there is nervousness depicted in the editorial. People, for example, have expressed their dissatisfaction with the lag in the search retrieval mission because of a possible adverse climatic condition. Burkett, the high-ranking mayor in Surfside, stated that frustrated contacts and relatives queried why recovery efforts were halted during torrential rains. The community appears to have understood the tragic event and is coming together to assist the survivors. According to the news piece, the public is making donations to the surviving victims and relatives of the deceased.

Question 3

The main objection that critics have in diagnosing grief as a disease is that this will cause the mourner a considerable amount of pain and embarrassment. One of the headline's main points is that grief is a natural occurrence that everyone goes through when they lose someone close (MedicineNet, n.d.). In addition to that, grief is an unpleasant feeling, but this does not imply that any negative emotion is atrocious. Therefore, it should not be diagnosed as a disorder

as it is a typical reaction to a widespread condition. Everyone experiences the loss of a loved one at some point in history. Suppose grief is diagnosed as an illness, everyone will become ill at some juncture, which is impossible because no one is invulnerable to the 'disorder.' That makes no scientific sense. The second statement is that grief can last from two weeks or even months, based on the grief-stricken family member's relationship with the dead person (MedicineNet, n.d.). As a result, because grief is normal, treating it for extended periods with prescription drugs such as antidepressant medications is hazardous and misguided. Even so, it is worth noting that, while grief is a healthy and understandable process, it can be prolonged, contributing to the emergence of other psychiatric conditions such as depression, which can be clinically diagnosed. In such instances, health professionals' assistance is considered appropriate. Accepting that anguish from the death of a loved one is a severe cause of trauma that leads to major depressive disorder cannot, in my view, justify its classification as a disease.

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