SPIRITUALITY IN MEDICINE

“Practices in a New Era of Medicine”

American College of Physicians
Florida Chapter

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Objectives:

- Suffering as the Pathway from Physical to Spiritual
- Spirituality in Healthcare
- Spiritual Concerns for Patients
- Spiritual Care As Part of the Healthcare Team
- Applications for Addressing Spiritual Needs - Residents and Fellowship Training Program
“A patient is a person in a strange environment, on an involuntary basis, going through one of the most unpleasant experiences of his or her own life, with persons not of their own choosing.”
Suffering as the Pathway from Physical to Spiritual
How Do We Accompany People Who are SUFFERING?

- Do we have an obligation to utilize all that is available to us and our patients to relieve their “suffering”?

- Are we adequately taught how to recognize and relieve “suffering” in our current system of medical education?

- “Attention to pain and suffering [is] ... physical as well as psychosocial and spiritual suffering.”
  (WHO Palliative Care Resolution, 2014)

“The obligation of physicians is to attend to all dimensions of patients’ suffering- the physical as well as the psychosocial and spiritual.”

(American College of Physicians)
"The Nature of Suffering and the Goals of Medicine"
(Eric J. Cassell)

- "The state of severe distress associated with events that threaten the ‘intactness’ of the person."

- "The relief of suffering and the cure of disease must be seen as twin obligations of a medical profession that is truly dedicated to the care of the sick."

- "The obligation of physicians to relieve human suffering stretches back to antiquity. Despite this fact, little attention is explicitly given to the problem of suffering in medical education, research or practice."
The Power of Human Interaction

“In healthcare all of the moments we have – clinically or otherwise – take place at a point of interaction. It is at this point of interaction where experience happens. We are not nameless providers of care interacting with a diagnosis or room number, rather all that exists is a connection, one person to another.”

- The Beryl Institute
A Doctor’s Compassionate Presence…

“The Doctor” by Sir Luke Fildes, exhibited 1891
What is the *Gift of Presence*?

- Accompanying Process (Papadatou)
- Companioning (Kearney)
- *Here and Now* presence vs. *There and Then* encounters
- Reduce threat and provide comfort
How do we go from being hurtful to being helpful?

• Cultivating a “collaborative compassion.”

• The word compassion comes from Latin ‘pati’ and ‘cum’, which means to ‘suffer with.’

• Compassion is sensitivity to suffering, with a commitment to alleviate and prevent that suffering.

• "Compassion asks us to go where it hurts, to enter the places of pain, to share in brokenness, fear, confusion, and anguish." (Henry Nouwen)
“Health professionals are the “true personification” of mercy...

The identity of the physician relies not only on skills but mainly on a compassionate and merciful attitude towards those who suffer in body and spirit...

Compassion is the very soul of medicine and compassion is not pity, it is suffering-with...

( Pope Francis 2016, Address to the Medical Associations of Spain and Latin America)
Spirituality in Healthcare
Attending to the “WHOLE” Patient in Treatment
“The spiritual dimension cannot be ignored, for it is what makes us human.”

(Viktor Frankl)

“We are spiritual beings having a human experience.”

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WHAT DO WE MEAN BY SPIRITUAL?

- Religion?
- New Age?
- Spiritual not Religious?
- Secularism?
- Humanism?
Spirituality is Not Associated with Religion

- Not a Religious affiliation, but an understanding of his/her orientation in the area of meaning and transcendence.

- An Agnostic can have a form of Spirituality.

- The Palliative Care movement was the first to integrate spiritual domain.

- The meaning of Spirituality: “To give and Receive Breath.”

- Spiritual Care is whole patient Care. It transcends control of the disease process and the relief of symptoms.

(Christine Puchalski)
The word “Spiritual” is not easily understood for many.
WHAT IS SPIRITUALITY?
Characteristics of Definitions/Descriptions in the Health Care Literature

RELIGION: associated with established theistic traditions and their social context, dogma, practice rituals.

SPIRITUALITY: associated with a personal sense of meaning/values (often connected to religious traditions but not “confined” to these traditions or to theism), with here-and-now individual experience, with intrinsic motivation, and often with an emphasis on positive feelings, relationships and on healthiness:

- Essence
- Connecting
- Interior
- Love and Appreciation
- Wholeness and Unity
- Meaning and Purpose
- Fulfillment

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“Spirituality is that which allows a person to experience transcendent meaning in life.”

Spirituality: Meaning & Connection

“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

Meaning in Life (MIL) represents a core element of spirituality, while religiosity may or may not be related to an individual’s spiritual dimension.

(Brennan, J. A conflation of existential and spiritual beliefs. Psycho-oncol 2006; 15:933-934.)
What is the Importance of Spirituality for Patients?

- 95% of Americans espouse a belief in higher power
- 57% report praying daily
- 42% attend worship service weekly
- 75% state that religion is central to their lives
- > 70% believe that spiritual faith can help them recover from illness

(George H. Gallup International Institute)
Spiritual Concerns for Patients
“During tough times in your life, who or what have you turned to for strength in the past?”
What are Spiritual Concerns?

“A serious illness, by its very nature, brings up concerns about mortality, vulnerability, goals in life, and relationships with others.

Such issues are generally considered spiritual in nature. Spiritual concerns are often framed within organized religious beliefs and practices.

Yet, spirituality is still a universal human experience and a capacity that can be cultivated and empowered within many contexts.”

Spiritual Needs of Patients

- Meaning and purpose in life
- Make sense of the illness and adversity
- Forgive and be forgiven
- Feel in control and give up control
- Feel connected and cared for
- Inner peace
- Hope
- Legacy
- Dignity
- Quality of Life
- Acknowledge and cope with the notion of dying and death
Spirituality Concerns Include
The Concept of “Despair” at the End of Life
(W. Breitbart)

• Desire for hastened death
• Suicidal ideation
• Loss of meaning/spiritual well-being
• Hopelessness
• Loss of Dignity
• Demoralization
• Depression/Anxiety/Panic
Spiritual Care
As Part of the Healthcare Team
“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

~Viktor Frankl
Managing Patient’s Symptoms & Suffering

- Need to look at the interaction of:
  - Biological
  - Psychological
  - Social
  - Spiritual

- No dimension exists in isolation

- Bio-psycho-social-spiritual approach
Causes of Imbalance-Contributors

- Spiritual Imbalance
  - No sense of purpose in life
  - Loss of meaning
  - Lack of trust
  - Lack of faith
  - Feeling isolated
  - Alienation from God/Spirit/Higher Power
  - Guilt and shame

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Spiritual Care Interventions:

- Healing rituals (illness, and at death)
- Meaning making & Meaning discovery
- Life review
- Reframing the story
- Family work
- Encouraging connection with a spiritual community
- Grief work

Spiritual Connectedness:

- Be a non-anxious presence
- Be a non-judgmental presence
- Be open to the experience
- Be sensitive to differences
  - Religion
  - Culture
  - Gender
  - Age
MOVING FROM ILLNESS TO WELLNESS

ILLNESS ..........................  WELLNESS

Fighting the Mind, Body and Spirit  Nurturing the Mind, Body, and Spirit
STAYING HEALTHY

Healthy ME
THE JOY OF LIVING

Unique Essence
Acceptance
Forgiveness
Core Belief System
Impact of Emotions
Life/Work Balance
Connection
How has Illness impacted my life?

(W. Breitbart)

Before

Focus in Life: On the “Doing”

After

Focus in Life: On the “Being”

(Dezelic & Ghanoum, 2015)
Studies Indicate that Spirituality in Healthcare offers:

- Better QoL with seriously ill
- Increases one’s will to live
- Improved coping skills, sense of coherence, meaning
- Improved stress & pain management
- Have more realistic sense of hope (meaning in life, reconciliation, hope for finishing important goals, i.e. not cured focused but healing focused)
- Increased satisfaction with care
- Patient desire for clinicians addressing patient’s spirituality
Applications for Addressing Spiritual Needs

RESIDENTS AND FELLOWSHIP PROGRAM
UNIVERSITY OF MIAMI MILLER SCHOOL OF MEDICINE &
TRUSTBRIDGE HEALTHCARE
Hospice & Palliative Care Rotation
Importance of Understanding & Addressing Spirituality

- Allows patient to tell their story they want to share
- Can provide important clues about:
  - Values
  - Beliefs
  - Coping strategies
  - Lifelong concerns
- May uncover Suffering & Spiritual Distress
  - Can play a vital role in physical and emotional recovery
Taking a Spiritual History: FICA (Christina Puchalski, MD)

F  FAITH & BELIEF
Do you have a spiritual belief? Faith?
Do you have spiritual beliefs that help you cope with stress?
What gives your life meaning?

I  IMPORTANCE & INFLUENCE
Are these beliefs Important to you?
How do they Influence you in how you care for yourself?

C  COMMUNITY
Are you part of a spiritual or religious Community?

A  ADDRESS/ACTION
How would you like your healthcare provider to Address these issues with you?
# Mercy Hospital Behavioral Health- PHP Bio-Psychosocial-Spiritual Assessment

**Client Name:**

**ID #:**

**Admission Date:**

**Location:** Mercy Hospital Behavioral Health- PHP

**Assessment Date:**

**Start/Stop Time:**

### Identifying Information:

### Presenting Problem:

### Current Stressors:

- Death of a spouse
- Death of a parent
- Death of other relatives
- Death of close friend
- Illness (self)
- Recent hospitalization
- Family member unwell
- Marital problem / separation / divorce
- Relationship conflict with children/parents
- Problems with friends/neighbors
- Others (indicate): Substance Abuse

### Psychiatric History:

(Hospitalizations / Out-patient Treatments)

### Substance Abuse History:

(Hospitalizations / Out-patient Treatments)

### Suicidal / Homicidal Ideations or Attempts:

(include dates and most recent episode)

If any risk factors present complete suicide risk assessment must be done

### Risk Assessment

<table>
<thead>
<tr>
<th>Risk to self</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Chronic</th>
<th>Safety Plan Reviewed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk to others</td>
<td>Low</td>
<td>Medium</td>
<td>High</td>
<td>Chronic</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Page 1 of 5
**Name, Credentials**: ____________________________  **Date**: ____________

---

**Patient Name**: ________________  **DATE**: ____________  **LOCATION**: ________________  **Visit**: Initial ____ Follow up ____ Declined ____

**Who is present at this session**: __________________________________________

---

**Religious Affiliation: May I ask your Faith Background?**
- Catholic
- Baptist
- Methodist
- Lutheran
- Episcopalian
- Presbyterian
- Jewish
- Buddhist
- Muslim
- Non-Denominational
- Other __________________________

Do you belong to a Congregation, should we contact them: __________________________

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**Sacraments Provided** | **Materials Given**
--- | ---
Communion |  
Sacrament of the Sick |  
Confession |  

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**Spiritual History Tool (FICA)**

| Faith, Belief & Meaning |  
|-------------------------|---
| Do you consider yourself spiritual or religious? |  
| Do you have a spiritual belief that helps you cope with stress? |  
| What gives your life meaning? |  

| Importance & Influence |  
|-------------------------|---
| What importance does your faith or belief have in your life? |  
| Have your beliefs influenced you in how you handle stress? |  
| Do you have specific beliefs that might influence your healthcare decisions? |  

| Community |  
|-----------|---
| Are you part of a religious or spiritual community? Is this of support to you/ how? |  

| Address in Care |  
|----------------|---
| How should the healthcare provider address these issues in your healthcare? |  

---

**Support System:**
- Spouse
- Children
- Friends
- Significant others
- Family
- Caregiver
- Co-Workers
- Support Group
- Grief/ Bereavement Support
- Therapist
- Prayer/ Church Community
- Other: ____________________________

---
Below is a list of common concerns and symptoms experienced during Medical illness in 4 Domains. Please Label Each Item on a Scale of 0 - 10
(0 = No Distress, 1 - 3 = Mild, 4 – 6 = Moderate, 7 - 10 = Severe/Highest Distress)
If You Are Experiencing: Distress, Pain or are In Need of Assistance

**PHYSICAL-BODY CONCERNS**
- Physical Pain from Disease/Treatment
  - Fatigue
  - Breathing
  - Sleep & Rest
  - Nausea, Vomiting & Appetite
  - Weight Gain/Loss & Swelling
  - Eating & Swallowing
  - Urination/Constipation
  - Speech
  - Sexual Function/Fertility/Infertility
  - Memory & Concentration
  - Physical Appearance
  - Bathing & Dressing
  - Moving Around, Walking, Climbing
  - Substance/Tobacco/Meds Use or Overuse
  - OTHER ____________

**DISTRESS and PAIN**

**EMOTIONAL CONCERNS**
- Coping Abilities/Overwhelmed
  - Difficulty Expressing My Needs, Questions, Concerns
  - Appearance Changes
  - Losing Control
  - Life Role Changes
  - Isolation or Abandonment
  - Anxiety and/or Nervousness
  - Lack of Enjoyment and/or Desire
  - Sadness and/or Depression
  - Fear of Medical Procedures
  - Fear of Unknown & Future
  - General Ongoing Worry
  - Shame/Guilt/Anger/Resentment
  - Dark or Suicidal Thoughts/Desire for Death
  - OTHER ____________

**EXISTENTIAL & SPIRITUAL CONCERNS**
- Identity After Diagnosis
  - Religious/Spiritual Questions
  - Cultural Beliefs Relating to Death
  - Hopelessness & Despair
  - Suffering
  - Forgiveness
  - Why Me?
  - View Illness as Punishment
  - Meaning of Illness/Pain
  - Meaning & Purpose in Life
  - Concern for Family & Friends For Future
  - Life Closure & Unfinished Business
  - End-of-Life Fear & Concerns
  - OTHER ____________

**PRACTICAL CONCERNS**
- Insurance Benefits
  - Getting Medications & Cost
  - Financial Burden
  - Transportation to Treatment/In Town
  - Resources in the Community
  - Work & School, for Self or Family
  - Childcare
  - Caregiver Burden
  - Needing Help at Home/Household Duties
  - Understanding Treatment Options
  - Alternative Medicine & Treatment
  - Goals of Care/Treatment Decisions
  - Speaking with My Medical Team
  - Advance Directives/Last Will & Testament/Power of Attorney
  - OTHER ____________

**M. Dezelic, PhD, W. Breitbart, MD, G. Ghanoum, PsyD
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Benefits of the Bio-Psycho-Social-Existential Distress Screening

- Similar to the successful rating scale used to measure pain, 0-10 (0-no distress to 10-extreme distress)
- Serves as a rough initial single-item screening tool
- Identifies distress coming from any source, even if unrelated to cancer/illness
- Opens a dialogue with the healthcare team for discussion of emotions
- Can see where the source of distress is coming from to evaluate, respond, and triage appropriately
Individual & Family Counseling Sessions Outline

Meaning-Centered Therapy Manual:
Logotherapy & Existential Analysis Brief Therapy Protocol
For Group & Individual Sessions

Session 1: Introduction: Concepts of Logotherapy & Existential Analysis (LTEA)

Session 2: Exploring Meaning

Session 3: The Human Ontology of Body, Mind, Spirit (Essence)

Session 4: Inner Resources and Strengths

Session 5: Existential Aspects

Session 6: Suffering and Meaning

Session 7: Personal Growth and Transformation

Session 8: Living Meaningfully

(Dezelic & Ghanoum, 2015)
MSKCC Meaning-Centered Psychotherapy for Palliative Care: 3 Session Format

Adapted from The *Meaning-Centered Group Psychotherapy for Cancer Patients* protocol developed by Dr. William Breitbart from Memorial Sloan-Kettering Cancer Center in New York City

- **Session 1: EXPERIENCING MEANING**
  - Introductions
  - Definitions of Meaning
  - Experiential Exercises:
    1) Meaningful Moments
    2) Cancer & Meaning
    3) Your History & Meaning

- **Session 2: SOURCES OF MEANING**
  - Introductions to Sources of Meaning
  - Experiential Exercises:
    1) Creativity, Courage, and Responsibility
    2) Connecting to Life

- **Session 3: LEGACY & REFLECTIONS OF MEANING**
  - Introduction to Living Your Legacy Now
  - Experiential Exercises:
    1) Finding a Sense of Peace
    2) What You Leave Behind
    3) Reflecting on Meaning
R.E.A.C.H. Beyond the Limitations
-Sources of Meaning in Life-

RESPONSIBILITY SOURCES
- Response-ability to self/to others
- Education to Self-Awareness
- Self-Discovery
- Choice
- Freedom
- Before Illness/After Diagnosis

EXPERIENTIAL SOURCES
- Encountering life through relationships with others, nature, the arts, culture/religion, beauty, and hobbies

ATTITUDINAL SOURCES
- The stance taken toward life through one’s attitude in limiting circumstances and situations, and in the face of illness
- Innate gifts and talents offered to others through one’s work, endeavors, deeds done, goals achieved, and creative pursuits

CREATIVE SOURCES
- Legacy Project
- Mountain Range Exercise
- “Past” - Legacy given
- “Present” - Legacy lived
- “Future” - Legacy will give

HISTORICAL SOURCES

Discovering Meaning Opportunities:
- Freedom of Will
- Will to Meaning
- Meaning in Life
- Meaning in the Moment
- Ultimate Meaning
- Defiant Power of the Human Spirit
- Self-Transcendence
- Growth & Possibilities

Facing life’s challenges by turning Tragedy into Triumph!

REACH into each SOURCE of meaningful opportunities, and DARE to live beyond the limitations.
DISCOVERING MEANING IN LIFE

MEANING OF THE MOMENT
- Can be found and fulfilled; opportunities to act with purposeful living, and to be aware of the meaning possibilities of each moment.

ULTIMATE MEANING
- Can basically never be attained; like the horizon, we walk toward it, always seeing it in the near distance but never reaching it.

GUIDEPOSTS TO SOURCES OF MEANING
(Opportunities and Areas to Discover Meaning in Life)

1. SELF DISCOVERY
   - WHO AM I
   - WHAT DO I WANT TO BECOME

2. CHOICE
   - CHANGE SITUATION
   - CHANGE ATTITUDE

3. UNIQUENESS
   - CREATIVITY
   - PERSONAL RELATIONSHIPS

4. RESPONSIBILITY
   - FREEDOM
   - FATE

5. SELF-TRANSCENDENCE
   - TOWARD A PERSON
   - TOWARD A CAUSE

MEANING TRIANGLE

FINDING MEANING & PURPOSE

CREATIVITY

EXPERIENCES

ATTITUDES

FINDING MEANING IN LIFE BY:

1. What I give to life through my CREATIVITY.

2. What I receive from life through EXPERIENCES.

3. The stance I take toward life through my ATTITUDE.
EXAMINING HOPE: EXISTENTIAL RESPONSES

Positive or Negative

HOPE

Positive things will happen and be experienced
Self-discovery
Growth from illness
Meaning discovery—creativity, experiences, and attitude
Forgiveness and healing
Nurturing and caring for self
Possibilities
Legacy projects

HOPELESSNESS

Negative things will happen and be experienced
Loss of interest in discovery
Stagnation in illness
Existential crisis—guilt, shame, distress, and despair
Harboring resentment
Disregard for self-care
Limitations and worry
Loss of Meaning in life

SELF-TRANSCENDENCE

TRUST

DOUBT

DESCENDING

NURTURING ATTITUDE

DESPONDENT ATTITUDE

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"Meaning-Legacy Project": Discovering Meaning in Life through the Meaning Exploration Series of Guided Questions

Meaning of Life

Meaning of Happiness

Meaning of Suffering

Meaning of Death

Meaning of Love

Meaning of Spirit

Meaning of Work

Meaning of Laughter

Meaning of Peace

What is one thing you would want to share with others about...

What is the meaningful discovery that has come to your awareness?
ACKNOWLEDGE

Choice: choosing to seek peace independent of the situation that has been holding you, choosing self-care vs. victim role

CUT THE ROPE

Cut the Rope: the person/situation exists in your mind as a constant replay affecting your system, choose to cut the emotional rope holding onto the memory, releasing it

EMOTIONAL REGULATION

Emotional Regulation: self-soothing and self-regulation techniques of breathing, self-hug, butterfly tapping, music, exercise, meditation, prayer

SELF-DISTANCING

Self-Distancing: distancing from being caught up in the emotion, to seeing it from afar using RAIN concept (Recognize, Allow, Investigate, Non-Identification), shift your attitude toward the situation from victim to empowered

SELF-COMPASSION

Self-Compassion: be gentle to yourself, allow the process of grieving, softening toward yourself with loving kindness, self-care techniques

FORGIVENESS

~ Does NOT necessarily mean you will be in or resume a relationship with the person(s) again
~ Does NOT mean you approve of or agree with their actions/situation
~ Does NOT relieve the person(s) of their responsibility in the situation
~ DOES allow you to regain your peace and comfort
~ DOES allow you to move forward without carrying the hurt
~ DOES empower you to take responsibility in your life and in moving forward
<table>
<thead>
<tr>
<th>Question</th>
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<tbody>
<tr>
<td>&quot;Tell me a little about your life history, particularly the parts that you either remember most, or think are the most</td>
</tr>
<tr>
<td>important. When did you feel most alive?</td>
</tr>
<tr>
<td>&quot;Are there specific things that you would want your family to know about you, and are there particular things you would</td>
</tr>
<tr>
<td>want them to remember?</td>
</tr>
<tr>
<td>&quot;What are the most important roles you have played in life (family roles, vocational roles, community service roles, etc.)?</td>
</tr>
<tr>
<td>Why were they so important to you, and what do you think you accomplished in those roles?</td>
</tr>
<tr>
<td>&quot;What are your most important accomplishments, and what do you feel most proud of?</td>
</tr>
<tr>
<td>&quot;Are there particular things that you feel still need to be said to your loved ones, or things that you would want to take</td>
</tr>
<tr>
<td>the time to say once again?</td>
</tr>
<tr>
<td>&quot;What are your hopes and dreams for your loved ones?</td>
</tr>
<tr>
<td>&quot;What have you learned about life that you would want to pass along to others? What advice or words of guidance would</td>
</tr>
<tr>
<td>you wish to pass along to your (son, daughter, husband, wife, parents, others)?</td>
</tr>
<tr>
<td>&quot;Are there words or perhaps even instructions you would like to offer your family to help prepare them for the future?</td>
</tr>
<tr>
<td>&quot;In creating this permanent record, are there other things that you would like included?&quot;</td>
</tr>
</tbody>
</table>
The Three Wishes Project
Humanizing the Final Days For Palliative Care

1. **Humanizing the Environment** – flowers, balloons and personal mementos brought into the room
2. **Personal Tributes** – such as a party, food, music, or projects/tree planting in the person’s name
3. **Family Reconnections** – bring people together, finding a lost relative or friends
4. **Rituals and Observances** – blessings, vow renewals, other rituals
5. **Paying it Forward** – donation to a charity on behalf of person or arranging for organ donation

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Dezelic & Ghanoum’s MEANING-CENTERED GRIEF MODEL:
Processing Through Loss, Grief, Transitions & Transformation

THE CONTINUAL PHASE OF GRIEF:
RECOVERING MEANING
Lifetime Journey of Healing & Recovery

“THE GRIEVING HEART”
(Emotions & Behaviors Experienced During The Various Stages of Grief)

DEFIANT POWER OF THE HUMAN SPIRIT -
NEW RELATIONSHIP WITH DECEASED -
-SELF-TRANSCENDENCE-

“Keeping your Loved One Sacred and Present,
while Recovering Meaning in Your Life.” (M.D. & G.G.)

4 STAGES OF GRIEF:
• NUMBNESS
• YEARNING & SEARCHING
• DISORGANIZATION & DESPAIR
• REORGANIZATION
   -J. Bowlby

STAGES OF DEATH & GRIEF:
• DENIAL
• ANGER
• BARGAINING
• DEPRESSION
• ACCEPTANCE
   -E. Kübler-Ross & D. Kessler

TRANSCEENDING LOSS MODEL:
• SHOCK
• DISORGANIZATION
• RECONSTRUCTION
• SYNTHESIS
• TRANSCENDENCE
   -A. Davis Bush

MEANING RECONSTRUCTION:
• Death validates/invalidates constructions or is a novel experience
• Grief is a personal process
• Grieving is something we do, not something done to us
• Reconstructing personal world of meaning
• Feelings as signals to state of meaning making efforts
• Construct & reconstruct identities in negotiation with others
   -R. Neimeyer

6 “R” PROCESSES OF MOURNING:
• AVOIDANCE PHASE
  1. Recognize the loss
• CONFRONTATION PHASE
  2. React to the separation
  3. Recollect and reexperience
  4. Relinquish the old attachments and assumptive world
• ACCOMMODATION PHASE
  5. Readjust to move adaptively
  6. Reinvest
   -T. Rando

IMPORTANT CONSIDERATIONS THAT IMPACT GRIEF:
• Nature of Death, Sudden or Prolonged
• Type of Death, Suffering
• Attachment Style, Nature of Relationship with Deceased
• Former Losses, Traumatic Exposure
• Current Support Network
• Age of Griever, Gender, Culture, Faith Beliefs
• Additional Stressors In One’s Life

MEANING-CENTERED GRIEF MODEL:
• Processing Through Grief: (Not Linear)
  -Spiraling and processing through all of the Stages, Feeling & Emotions, while experiencing:
    Somatic Pain (Body), Psychic Distress (Mind), and Spiritual Uncertainty (Spirit).
  -Validating and being present with one’s inner and outer experience, multi-dimensional levels of pain.
• Continual Phase:
  -Recovering Meaning (Meaning in Life)
  -Accessing Resources of the Human Spirit
  -Healing through:
    Meaning, Memory, Restoration and Re-Activation
    -M. Dezelic & G. Ghanoum

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“We all know that the fears, anxieties and loneliness of the patients are greatly heightened by feelings of anonymity. Every patient has a name and every patient has a story.”

(Samuel Lowenstein: The Midnight Meal)
The Story...

“You don’t know my life!...
Take time to discover it.”

Legacy & Dignity of the Human Being
Taking Care of the “Whole” Person and Patient through Body, Mind, and Spirit
For more information:

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