

THE SPIRITUAL DIMENSION IN END OF LIFE CARE

PSYCHIATRIC PERSPECTIVE ON MANAGEMENT OF SUFFERING AND LIFE ENHANCEMENT

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8/3/08

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NETHERLANDS: REASONS FOR REQUESTING EUTHANASIA

- LOSS OF DIGNITY 57%
- PAIN* 46%
- UNWORTHY DYING 46%
- BEING DEPENDENT ON OTHERS 33%
- TIRED OF LIFE 23%
- *PAIN AS ONLY SYMPTOM 5%

– Van der Maas et al, *Lancet* 1991; 338: 669-74.

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NETHERLANDS: REASONS FOR REQUESTING EUTHANASIA

- **THE SUFFERING THAT CAUSES REQUESTS FOR EUTHANASIA AND ASSISTED SUICIDE IS PRIMARILY PSYCHOSOCIAL AND SPIRITUAL**

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COPING AT THE END OF LIFE

- LIVING WITH THE DISABILITY
- THE MAINTENANCE OF MORALE
- THE SEARCH FOR MEANING

- Avery Weisman, *The Vulnerable Self*

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POSITIVE GOALS & MAINTENANCE OF MORALE

- ERIC CASSELL: A UNIQUE LIFE LIVED IS A WORK OF ART

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THE INTERACTIVE PROCESS (TWO TEAMS)

- THE PATIENT AND KEY LOVED ONES
- THE CAREGIVERS

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THE RESOURCES

- THE PATIENT: INNER
 - “COPING SKILLS”
 - EMOTIONAL “STRENGTH”
 - SMARTS
 - “INNER LIFE” DIMENSION

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THE RESOURCES

- THE PATIENT: OUTER
 - KEY LOVED ONES
 - VARIOUS GROUPS
 - SOCIAL, RECREATIONAL
 - WORK
 - CULTURAL
 - RELIGIOUS
 - SPIRITUAL

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THE RESOURCES

- THE CAREGIVER: INNER
 - EXPERIENCE
 - KNOWLEDGE: GENERAL AND SPECIALIZED
 - COMPASSION, EMPATHIC CAPACITY
 - EMOTIONAL DEPTH, MATURITY
 - HUMILITY

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THE RESOURCES

- THE CAREGIVER: OUTER
 - MENTORS, CONSULTANTS
 - MEDLINE
 - THE TEAM
 - OWN PASSIONS, INVESTMENTS
 - KEY LOVED ONES
 - PATIENT & LOVED ONES
 - VARIOUS GROUPS

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COPING WITH MEDICAL ILLNESS

- LIVING WITH THE DISABILITY
- THE MAINTENANCE OF MORALE
- THE SEARCH FOR MEANING

- Avery Weisman, *The Vulnerable Self*

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EMPHASIZE THE *NORMAL* OVER THE DISEASED

- **POSITIVE TRAITS, VIRTUES, CONTRIBUTIONS**
- **NORMAL STYLE & PERSONALITY, CHARACTER TRAITS**
- **THE UNIQUENESS OF EACH PERSON**

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COPING AT THE END OF LIFE: A MULTIAXIAL APPROACH

- **AXIS I: CLINICAL DISORDERS**
- **AXIS II: PERSONALITY DISORDERS**
- **AXIS III: GENERAL MEDICAL
CONDITIONS**
- **AXIS IV: PSYCHOSOCIAL AND
ENVIRONMENTAL PROBLEMS**
- **AXIS V: GLOBAL FUNCTIONING**

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EMPHASIZE THE NORMAL OVER THE DISEASED

- **POSITIVE TRAITS, VIRTUES,
CONTRIBUTIONS**
- **NORMAL STYLE & PERSONALITY,
CHARACTER TRAITS**
- **THE UNIQUENESS OF EACH
PERSON**

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PRE-AXIS I CLINICAL ISSUES

- **DEALING WITH LOSS OF SELF (ESTEEM): DAMAGE REPAIR & RESTORATION**
- **DEALING WITH LOSS OF OTHERS: BEREAVEMENT**

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SELF ESTEEM: DEFINING THE PATIENT

- WHO AM I?
- WHO WAS I AT THE TOP OF MY GAME?
- WHAT DEFINES ME?

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DEFINING THE PATIENT

- ACCOMPLISHMENTS
 - POSITIVE
 - PROWESS
 - AWARDS
 - STATUS, RANK
 - STATUS
 - AMBIVALENT, "NAUGHTY"
 - THE "CUT UP," "PRACTICAL JOKER,"
 - THE "BLACK SHEEP"
 - NEGATIVE: SHAME

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DEFINING THE PATIENT

- FAMILY, LOVED ONES
 - CLOSEST, MOST SIMILAR, MOST OPPOSITE
 - SAVED, WAS SAVED BY
 - CORE ANECDOTES
 - LETTERS TO/FROM, OF GRATITUDE, OF PRAISE
- ENEMIES

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DEFINING THE PATIENT

- PASSIONS
 - FAVORITES
 - MUSIC (FORMAL, EASY, SACRED)
 - BOOKS, JOURNALS, PAPER, POEMS, MOVIES
 - AUTHORS, NEWSCASTERS, ACTOR(ESSE}S
 - SPORTS PERFORMED/SPECTATOR
 - HOBBIES, CARS, RESTAURANTS
 - TRAVEL, VACATIONS
 - GROUPS, CAUSES, CHARITIES
 - ADDICTIONS
 - AVERSIONS

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DEFINING THE PATIENT

- OFTEN BEST DONE TOGETHER WITH LOVED ONES
- MANY TIMES, DESPITE THE YEARS, THIS IS NEW GROUND
- OF GREAT POTENTIAL WHEN PATIENT NO LONGER ABLE TO SPEAK BUT REMAINS AWARE

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PSYCHOTHERAPY PERSPECTIVE ON DYING

- **DEATH IS A MINOR PROBLEM**
- **WHAT YOU DO UNTIL THAT TIME IS A *MAJOR* PROBLEM, AND WE CAN WORK ON THAT**

—
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-- Lawrence LeShan
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PSYCHOTHERAPY PERSPECTIVE ON DYING

- **AT THE END OF LIFE *LIVING* IS THE CHALLENGE, AS IT HAS BEEN THROUGHOUT ONE'S LIFE**

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PSYCHOTHERAPY PERSPECTIVE ON ILLNESS/INJURY

- **WITH ILLNESS OR DISABILITY, *LIVING* IS THE CHALLENGE, AS IT HAS BEEN THROUGHOUT LIFE**
- **HOW DO I LIVE *ILL*?**

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **HOW DO I CONDUCT MYSELF?**
- **WHAT ARE MY (NEW) GOALS?**
- **DO I HAVE A NEW MISSION?**
- **WHO AM I NOW? HOW CAN I MATTER?**
- **HOW BEST PREPARE MY LOVED ONES TO LIVE WITH ME *CHANGED*?**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **AXIS I: CLINICAL DISORDERS**
- **AXIS II: PERSONALITY DISORDERS**
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ENVIRONMENTAL PROBLEMS**
- **AXIS V: GLOBAL FUNCTIONING**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **AXIS I: CLINICAL DISORDERS**
- **MAJOR DEPRESSION**
 - **MORE LIKELY AS ILLNESS BECOMES
MORE SEVERE**
 - **SUICIDAL IDEATION IS MORE LIKELY
CAUSED BY MAJOR DEPRESSION**
 - **IS NEVER NORMAL OR APPROPRIATE**

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- **AXIS I: CLINICAL DISORDERS**
- **ANXIETY DISORDERS**
 - PANIC, GAD, PHOBIA
 - PTSD
 - REACTIVE: DEATHS OF PARENTS,
LOVED ONES, FRIENDS; MEDIA

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **AXIS I: CLINICAL DISORDERS**
- **DELIRIUM**
- **DEMENTIA**
- **SUBSTANCE ABUSE**
- **ETC.**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

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AXIS II: PERSONALITY DISORDERS

- **PARANOID**
- **SCHIZOTYPAL**
- **BORDERLINE**
- **NARCISSISTIC**
- **DEPENDENT**
- **OBSESSIVE-COMPULSIVE**
- **SCHIZOID**
- **ANTISOCIAL**
- **HISTRIONIC**
- **AVOIDANT**

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AXIS II: PERSONALITY DISORDERS

- **IN ADJUSTING TO CHRONIC ILLNESS, IT IS ROUTINELY DIFFICULT TO PLACE *DEPENDENCY* IN PERSPECTIVE**

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BEING DEPENDENT ON OTHERS

- **IMPORTANT: MATURITY IS REQUIRED TO BE ABLE TO DEPEND ON A PERSON ONE TRUSTS**
- **CAN THIS BE A GIFT TO THE LOVED ONE WHO WANTS TO HELP?**

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FORCES ON THE WISH TO CONTROL ONE'S LIFE

- ***INCREASE IT:***
- **SUFFERING**
- **EXCESSIVE USE OF TECHNOLOGY**
- **NARCISSISM**
- ***DECREASE IT:***
- **TRUST**
- **AGGRESSIVE PALLIATION**
- **HUMOR**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

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PALLIATIVE CARE: CHAPTER TITLES

- PAIN CONTROL
- NAUSEA/VOMIT
- HICCUPS
- ANOREXIA,
NUTRITION
- GI:
INCONTINENCE
OBSTRUCTION,
CONSTIPATION,
DIARRHEA
- DYSPHAGIA,
MOUTH CARE
- URINARY TRACT
- SKIN: BED SORES,
PRURITIS
- TUMOR:
FUNGATING,
ODOR, BLEEDING,
DRAINING,
FISTULAS

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PALLIATIVE CARE: CHAPTER TITLES

- PLEURAL
EFFUSIONS
- DEHYDRATION
- WEAK, FATIGUE
- SPASTICITY
- CORD
COMPRESSION
- INFECTIONS,
FEVERS, SWEATS
- ANEMIA,
TRANSFUSIONS
- EDEMA, ASCITES,
HEPATIC
ENCEPHALOPATHY
- DYSPNEA, COUGH,
“DEATH RATTLE”

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **WITH CHRONIC ILLNESS OR INJURY THE USE OF MEDICAL TECHNOLOGY IS DIRECTED AT THE *REDUCTION OF DISABILITY* AND THE *MAXIMIZATION OF FUNCTION***

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE: AXIS IV

- **AREAS OF PSYCHOSOCIAL STRESS**
 - PRIMARY SUPPORT GROUP
 - SOCIAL ENVIRONMENT
 - EDUCATIONAL
 - OCCUPATIONAL
 - ECONOMIC
 - HEALTH CARE SERVICES
 - LEGAL SYSTEM, CRIME--and . . ?

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE: AXIS IV

- **AREAS OF PSYCHOSOCIAL STRESS**
 - PRIMARY SUPPORT GROUP
 - SOCIAL ENVIRONMENT
 - EDUCATIONAL
 - OCCUPATIONAL
 - ECONOMIC
 - HEALTH CARE SERVICES
 - LEGAL SYSTEM, CRIME
- 8/3/08— **FAITH, RELIGIOUS NETWORK**

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THE SEARCH FOR MEANING

- MEANING: DEEPER QUESTIONS, INNER LIFE
- THIS IS AN EXAMINATION IS A PSYCHODYNAMIC PROCESS, NOT THEOLOGY
- OBSTACLES:
 - PHYSICIANS ARE HOSTILE AS SCIENTISTS
 - PSYCHIATRISTS ARE THE MOST HOSTILE

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POSITIVE GOALS & MAINTENANCE OF MORALE

- FOR CAREGIVERS:
 - COMMITMENT TO NON-ABANDONMENT
 - BASIC RESPECT/REVERENCE FOR THE SUFFERING IMPRINTED BY OATH
 - IF NECESSARY, NAKED PRESENCE (BASED ON FAITH IN ONESELF AND PROFESSIONAL CALL)

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HOPE IN TRANSITION

- HOPE FOR MORE PLEASURE
 - SEX, MUSCLE/FORM/FIGURE,
 - CUISINES, WEALTH
 - LASTING PRODUCTIONS; WORKS
 - SUCCESS OF OFFSPRING, STUDENTS, MENTEES
- HOPE FOR MORE TIME INTACT
 - WITH BEST HEALTH POSSIBLE
 - IF LESS HEALTH, A LITTLE MORE TIME

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HOPE IN TRANSITION

- HOPE THAT I CAN LEARN TO LIVE
/LL
- HOPE MY SURVIVORS WILL BENEFIT
 - BECAUSE I LOVED THEM
 - BECAUSE I WAS LOYAL, FAITHFUL, HONEST
 - BECAUSE I REINFORCED THEIR GOOD QUALITIES AND, BECAUSE OF THIS,
 - EVEN BE SUSTAINED IN THEIR CRISES

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **HOW DO I CONDUCT MYSELF?**
- **WHAT ARE MY (NEW) GOALS?**
- **DO I HAVE A NEW MISSION?**
- **WHO AM I NOW? HOW CAN I MATTER?**
- **HOW BEST PREPARE MY LOVED ONES TO LIVE WITH ME *CHANGED*?**

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **HOW DO I LEARN TO LIVE *ILL, DISABLED, DISFIGURED*?**
- **WHAT GIFTS CAN I GIVE?**
- **CAN THIS NEW TYPE OF LIFE BE MY *FINEST HOUR*?**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **PERSONAL RELATIONSHIP WITH
GOD (FAITH)**
- **RELATIONSHIPS WITH COMMUNITY
OF BELIEVERS**

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **PERSONAL RELATIONSHIP WITH
GOD (FAITH)**
- **RELATIONSHIPS WITH COMMUNITY
OF BELIEVERS**

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THE SEARCH FOR MEANING

- **OBSTACLES:**
 - **PHYSICIANS ARE HOSTILE AS SCIENTISTS**
 - **PSYCHIATRISTS AND PSYCHOLOGISTS ARE THE MOST HOSTILE AND DISPARAGING BECAUSE OF TRAINING, THEORISTS, MENTORS**

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **OPENING QUESTION, E.G.**
 - **“HAVE YOU EVER SENSED THE EXISTENCE OF SOME SUPREME POWER, OR EXPERIENCED A RELATIONSHIP WITH GOD?”**
 - **“IS FAITH IMPORTANT IN YOUR LIFE?”**

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THE SEARCH FOR MEANING

- **MEANING: INNER LIFE, DEEPER QUESTIONS**
- **THIS EXAMINATION IS A PSYCHODYNAMIC PROCESS, NOT THEOLOGY**

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **WHAT SORT OF A PERSON IS GOD?**
- **QUALITIES?**
 - **CARING -- COLD?**
 - **CLOSE -- ALOOF, DISTANT?**
 - **FORGIVING -- PUNITIVE?**

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **WHAT IS COMMUNICATION LIKE?
(PRAYER)**
 - IS THE TALK FAMILIAR? FORMAL?
 - FEEL HEARD?
 - PRAYERS LIKE “DEAD LETTERS”?
 - IS CONVERSATION TWO-WAY? ANY
ANSWERS FROM GOD? IF SO, HOW
DO YOU KNOW?

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **WHAT ABOUT DOUBT?**
 - HOW DO YOU HANDLE IT?
 - ANY CRISES OF FAITH IN YOUR LIFE?
 - “DOUBT IS THE SHADOW CAST BY
FAITH” (Gregory Baum)

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **THE MYSTERY OF EVIL: WHAT IS GOD'S POSITION ON YOUR ILLNESS?**
 - AGENCY, CAUSE?
 - PUNISHMENT?
 - YOUR REACTION? ACCEPTANCE (LIKE JOB?) ANGER AND DEFIANCE (LIKE PROMETHEUS)?

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **SENSE OF GOD'S ATTITUDE TO YOUR MISTAKES, LIMITATIONS, FAILURES, SINS?**
- **DOES GOD TOLERATE? RESENT? FORGIVE? FORGIVE AND STILL CARE/LOVE YOU?**
- **FEELING OF ESTRANGEMENT?**
- **NEED RECONCILIATION?**

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EXAMINING FAITH AS A RELATIONSHIP WITH GOD

- **HOW DO YOU VIEW DEATH?
SCARED? STOIC? WELCOME IT?
FEEL PREPARED?**
- **ANYTHING AFTER?**

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THE SEARCH FOR MEANING

- **EXAMINATION OF PATIENT'S FAITH**
 - WHAT SORT OF A PERSON IS GOD?
 - COMMUNICATION? 1-WAY? 2-WAY?
 - DOUBT? (THE SHADOW CAST BY FAITH)
 - EVIL? WHAT IS GOD'S POSITION ON YOUR ILLNESS?
 - GUILT? PUNISHMENT?
 - DEATH? ANYTHING AFTER?
 - COMMUNITY OF BELIEVERS?

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THE SPIRITUAL DIMENSION IN END OF LIFE CARE

- **PERSONAL RELATIONSHIP WITH GOD (FAITH)**
- **RELATIONSHIPS WITH COMMUNITY OF BELIEVERS**

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EXAMINING PHILOSOPHY OF LIFE

- **INTRODUCTION**
 - **WISH TO UNDERSTAND PERSON BETTER**
 - **IMPORTANT**
 - **HOW THEY VIEW SELVES, OTHERS, THE WORLD, THEIR LIFE WITHIN THAT WORLD**

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EXAMINING PHILOSOPHY OF LIFE

- **HOW WOULD YOU DESCRIBE YOURSELF?**
 - **WHAT SORT OF A PERSON?**
 - **HOW DO YOU LIKE TO BE THOUGHT OF? REMEMBERED?**
 - **BY SPOUSE?**
 - **BY MOTHER? FATHER? SIBS? FRIENDS?**
 - **BY PEERS? EMPLOYEES?**

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EXAMINING PHILOSOPHY OF LIFE

- **WHO ARE THE MOST IMPORTANT PERSONS IN YOUR LIFE?**
- **ANYONE WHOSE NEEDS YOU WOULD PUT AHEAD OF YOUR OWN?**
- **ANYONE YOU IDENTIFY WITH? ANY HEROES/HEROINES?**
- **HAVE ANY CAUSES?**
- **SENSE OF SERVING OTHERS? WORLD?**

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EXAMINING PHILOSOPHY OF LIFE

- **HOW WOULD YOU DESCRIBE YOUR DISPOSITION?**
- **WHAT SORT OF PERSON DO YOU HOPE TO BE?**
- **AT YOUR BEST, WHAT ARE YOU LIKE? AT YOUR WORST?**
 - **ANYONE SEE YOU ONLY AT YOUR BEST? WORST?**

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EXAMINING PHILOSOPHY OF LIFE

- **WHAT ARE YOUR GOALS? DREAMS?**
- **ANYTHING YOU WANT TO ACHIEVE, FINISH, IMPROVE?**
- **ANY CONFLICTS YOU WANT TO RESOLVE? IF SO, WHY NOT NOW?**

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EXAMINING PHILOSOPHY OF LIFE

- **LOOKING BACK, WHAT HAVE BEEN THE BEST TIMES? WORST TIMES?**
- **WHAT HELPED YOU THROUGH THE ROUGH TIMES?**
- **ANYTHING YOU ARE ESPECIALLY PROUD OF?**

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EXAMINING PHILOSOPHY OF LIFE

- **ANY PHILOSOPHY OR CODE YOU LIVE BY? SPECIAL VALUES?**
- **ANYTHING WORTH DYING FOR?**

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EXAMINING PHILOSOPHY OF LIFE

- **WHAT IS THE PLACE OF FUN IN YOUR LIFE?**
- **LAUGHTER? EVER A TIME WHEN YOU LAUGHED SO HARD YOU BECAME NEARLY HELPLESS?**

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THE SEARCH FOR MEANING

- **EXAMINATION OF PATIENT'S PHILOSOPHY OF LIFE**
 - WHAT SORT OF PERSON ARE YOU?
HOW DO YOU LIKE TO BE THOUGHT OF?
 - ANYONE WHOSE NEEDS YOU WOULD PLACE AHEAD OF YOUR OWN?
 - ANY GOALS? DREAMS?
 - ANY CODE? ANYTHING WORTH DYING FOR?
 - ROLE OF FUN, LAUGHTER?

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POSITIVE GOALS & MAINTENANCE OF MORALE

- FOR THE PATIENT:
 - HOW LEARN TO LIVE *ILL*?
 - HOW DO I CONDUCT MYSELF?
 - UNFINISHED BUSINESS?
 - HOW BEST PREPARE MY LOVED ONES TO LIVE WITHOUT ME?
 - WHAT GIFTS CAN I GIVE?
 - CAN THIS BE MY *FINEST HOUR*?

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **FOR LOVED ONES:**
 - WHAT IS MY UNFINISHED BUSINESS?
 - WORST OUTCOME AFTER DEATH WOULD BE: “IF ONLY I HAD TOLD HIM THIS . . .”
 - GIFTS? FAMILY HARMONY, SECURITY
 - HOW DO I WANT TO RECALL THIS TIME SO THAT I CAN BE PROUD OF MY ROLE?

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **FOR LOVED ONES (CONT'D):**
 - **WHAT GIFTS CAN I LEAVE?**
 - **THAT WE SIBLINGS WILL WORK TO RECONCILE, HELP ONE ANOTHER**
 - **THAT WE WILL TAKE CARE OF (NED)**
 - **CAN I TEACH CHILDREN AND GRANDCHILDREN ABOUT DEATH, “IMMUNIZE” THEM?**

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **FOR THE CLINICIAN:**
 - **HOW DO I UNDERSTAND?**
 - **ABOVE ALL TO LISTEN**
 - **TO LEARN UNIQUE INDIVIDUAL WORTH**
 - **HOW DO I TOLERATE THE EMPATHIC INSIGHTS ABOUT MYSELF?**
 - **FACE TO FACE WITH THEIR NEEDS & MINE**
 - **MY HELPLESSNESS & DESPAIR CAN ENDANGER THEM**

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **FOR THE CLINICIAN (CONT'D):**
 - **MOST PATIENTS, GIVEN SPACE, WILL DRAW ON THEIR OWN STRENGTHS AND RESOURCES AND REACH A RESOLUTION OF THEIR INNER PAIN**
 - **--Cicely Saunders**

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POSITIVE GOALS & MAINTENANCE OF MORALE

- **FOR THE CLINICIAN (CONT'D):**
 - **COMMITMENT TO NON-ABANDONMENT**
 - **BASIC RESPECT AND REVERENCE FOR THE SUFFERER IMPRINTED BY OATH**
 - **IF NECESSARY, NAKED PRESENCE (FAITH IN ONESELF AND ONE' S CALL)**

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HOPE IN TRANSITION

- **HOPE FOR MORE PLEASURE**
 - **SEX, MUSCLE/FORM/FIGURE,**
 - **CUISINES, WEALTH**
 - **LASTING PRODUCTIONS; WORKS**
 - **SUCCESS OF OFFSPRING, STUDENTS, MENTEES**
- **HOPE FOR MORE TIME INTACT**
 - **WITH BEST HEALTH POSSIBLE**
 - **IF LESS HEALTH, A LITTLE MORE TIME**

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HOPE IN TRANSITION

- HOPE THAT I CAN LEARN TO LIVE
ILL
- HOPE MY SURVIVORS WILL BENEFIT
 - BECAUSE I LOVED THEM
 - BECAUSE I WAS LOYAL, FAITHFUL,
HONEST
 - BECAUSE I REINFORCED THEIR GOOD
QUALITIES AND, BECAUSE OF THIS,
 - BECAUSE THEY KNEW THEY
SUSTAINED ME IN CRISIS AND GAVE ME
SAFE PASSAGE

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MAINTENANCE OF MORALE

- **SELF** → **WORLD** **OTHERS** **GOD**
- **BODY** **NATURE** **INDIVIDUALS** **HUMILITY**
- **PSYCHE** **STUDY** **GROUPS** **CONVERS.**

- **CONTACT** → **RESPONSIVENESS, ENERGIZING**
- **EFFORT** → **REWARD**
- → **SUSTAINING PRESENCE, UNION**

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MAINTENANCE OF MORALE

- **SELF: BODY**
 - **HEALTH: PREVENTION**
 - **HEALTH: MAINTENANCE, EXERCISE**
 - **HEALTH: MEDICAL CARE**

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MAINTENANCE OF MORALE

- **SELF: PSYCHE**
 - **ASSIMILATING LOSS: MOURNING**
 - **PERSPECTIVE: EMPHASIS ON LIVING**
 - **INDEPENDENCE AND OPTIONS**
 - **RELATIONSHIPS: LIVING AND DEAD**
 - **MAKING NEW FRIENDS**
 - **PROFESSIONAL HELP**

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MAINTENANCE OF MORALE

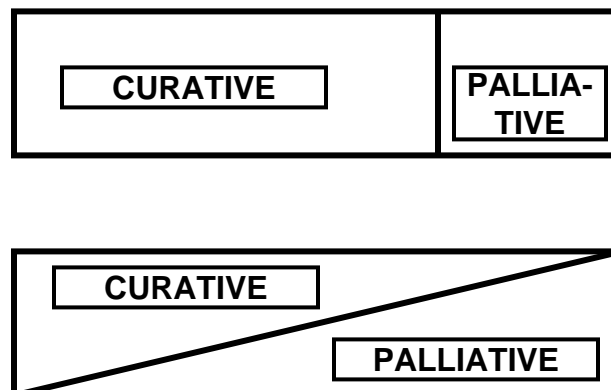
- **SELF: FAITH**
 - INTENSIFYING RELATIONSHIP WITH GOD
 - ENTERING MYSTERY OF THE CROSS AND RESURRECTION
 - EASTER PARADOX: CONQUEST OF SUFFERING IS IN AND THROUGH SUFFERING ITSELF
 - *A FRIENDSHIP LIKE NO OTHER*
 - » William A. Barry SJ, PhD, 2008

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• HABIT FORMATION

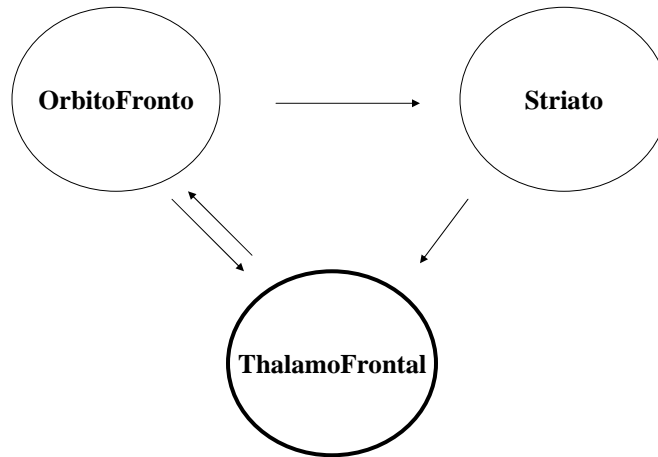


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• **LOOP**

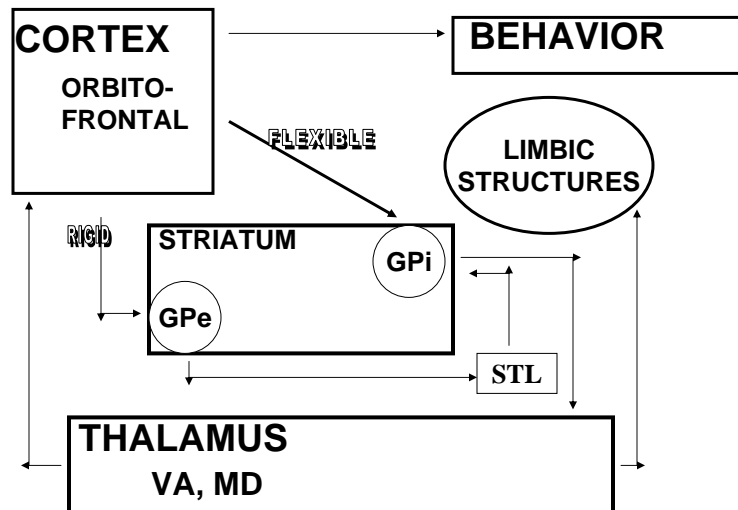


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• **HABIT FORMATION**



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