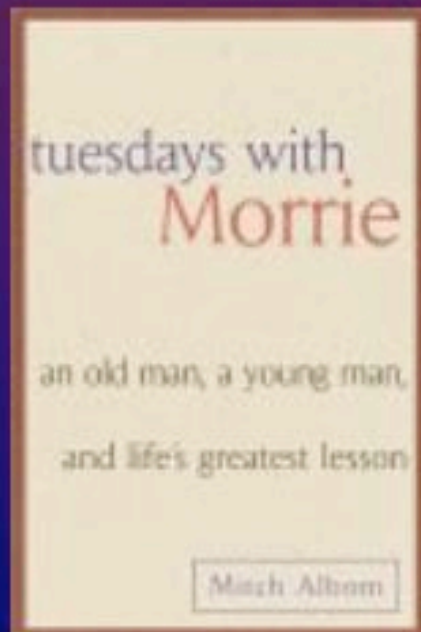




How to deal with death

“Everyone knows they are going to die but nobody believes it. If we did, we would do things differently.



Morrie Schwartz,
Tuesdays with Morrie



But First the Limbo Game

But first... the Limbo Game



- ❖ Insomnia.
- ❖ Panic attacks.
- ❖ Feeling of impending doom.
- ❖ Irritable, pessimistic, anxiety.
- ❖ A tendency to have less energy.
- ❖ Feeling helpless, fearful, hopeless.
- ❖ Loss of concentration, motivation and fatigue.
- ❖ Changes in appetite, sleep patterns or sexual drive.
- ❖ Physical symptoms: such as an anxious feeling, headaches, stomach distress, fatigue, dizziness, heart palpitations, shortness of breath, lump in your throat.



Why does this Matter Why does this matter?

- ❖ Otto Rank

- ❖ two profound fears: the fear of death and the fear of life

- ❖ Death is Real

- ❖ Terminal Illness, Old Age

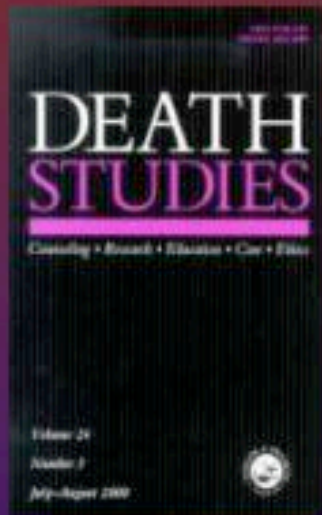
- ❖ Expectations vs. Reality

- ❖ “Little Death”



Journals Devoted to Death

Journals devoted to Death



Death Studies. Provides refereed papers on significant research, scholarship, and practical approaches in the areas of bereavement and loss, grief therapy, death attitudes, suicide, and death education.

Omega: An international journal for the study of dying, death, bereavement, suicide, and other lethal behaviors.





Websites about Death

Websites about Death

- ❖ DeathNET

- ❖ <http://rights.org/deathnet>

- ❖ ERGO: Euthanasia Research Guidance Association

- ❖ <http://www.finalexit.org>



The Grief Cycle

The Grief Cycle

- ❖ Shock
- ❖ Denial
- ❖ Anger
- ❖ Bargaining
- ❖ Grieving
- ❖ Acceptance

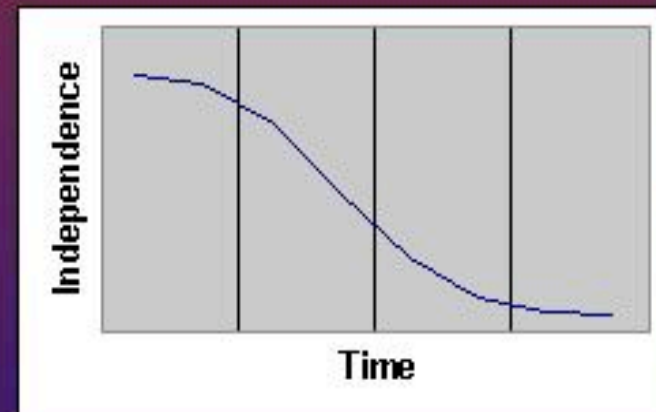




The Slow Decline

The Slow Decline

- ❖ Prepare for lack of decision-making capacity
- ❖ Prepare for progressive decline
- ❖ Community Care
 - ❖ Counseling and support
- ❖ Nursing Homes
- ❖ Nutrition and Hydration Important

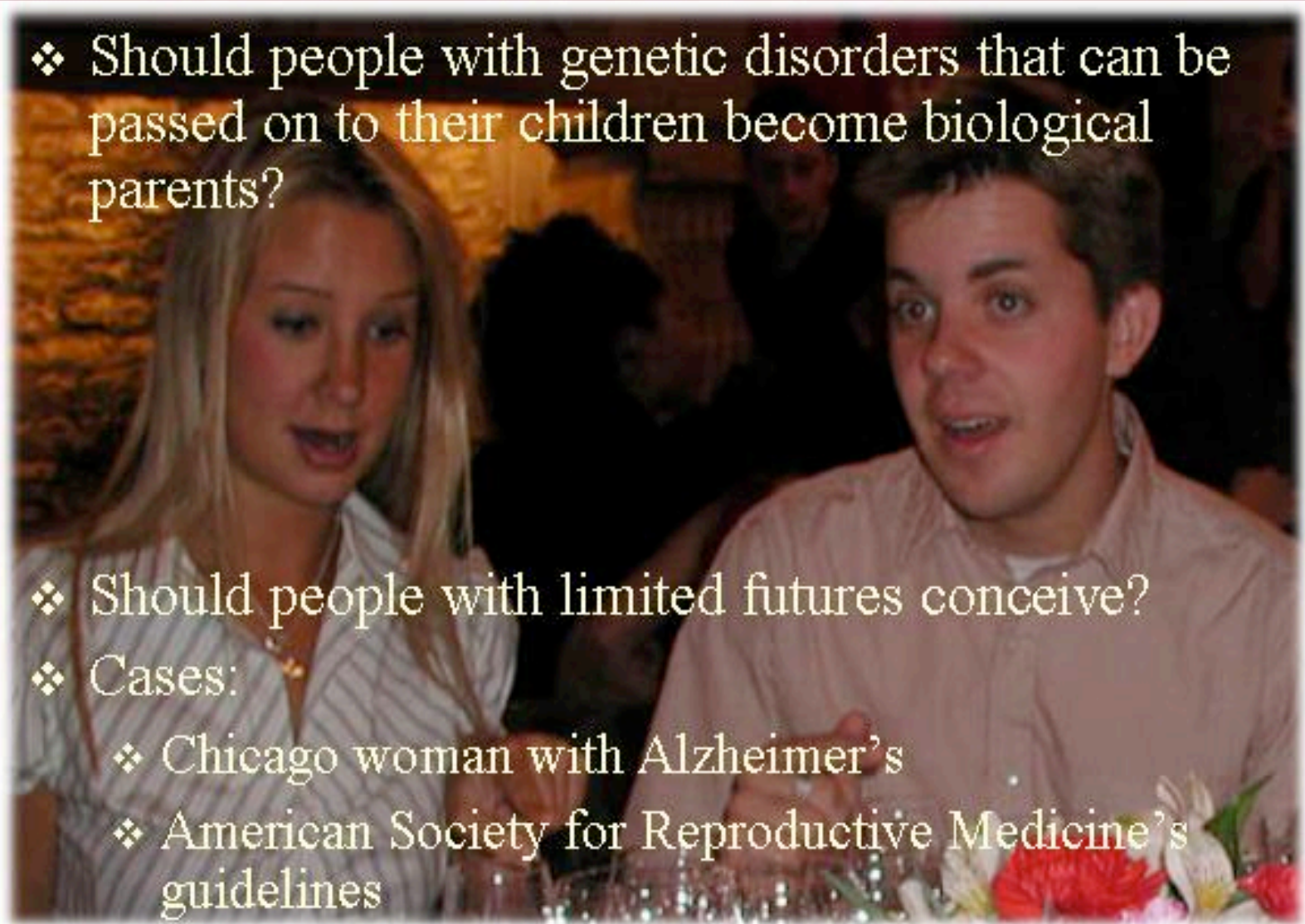




The Question of Parenthood

The Question of Parenthood

- ❖ Should people with genetic disorders that can be passed on to their children become biological parents?



- ❖ Should people with limited futures conceive?

- ❖ Cases:

- ❖ Chicago woman with Alzheimer's

- ❖ American Society for Reproductive Medicine's guidelines

5 Key Values at the End of Life

5 Key Values at the End of Life

- ❖ 1. Adequate pain and symptom management
- ❖ 2. Avoiding inappropriate prolongation of dying
 - ❖ Do Not Resuscitate (DNR) orders
- ❖ 3. Achieving a sense of control
 - ❖ Medical activism
 - ❖ Death row suicides
 - ❖ Death with Dignity Act



(Singer, Martin, & Kelner, 1999).

5 Key Values at the End of Life

5 Key Values at (Cont) the End of Life (*cont.*)

❖ 4. Relieving burden

❖ Life Insurance

- ❖ Accelerated Death Benefit

- ❖ Critical Illness Life Insurance

- ❖ Sell policy to a viatical settlement company or provider

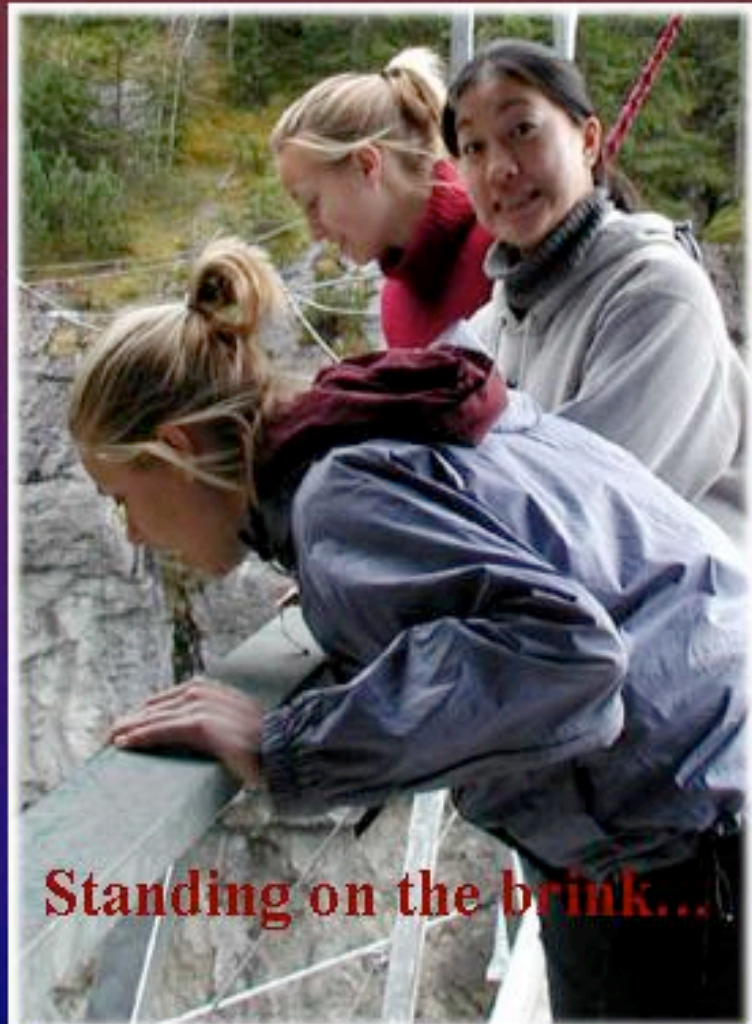
❖ 5. Strengthening relationships with loved ones, God



(Singer, Martin, & Kelner, 1999).

Late-Stage Problems

Late-Stage Problems



Standing on the brink...

- ❖ Weigh benefits versus costs
 - ❖ Treating infections
 - ❖ Other Chronic Conditions
 - ❖ Engaging Hospice



What Clinical Psychologists do

What Clinical Psychologists do

- ❖ Get the patient through the treatment.
- ❖ Be attuned to other professions.
- ❖ Help contribute to emotional wellness -> physical wellness.
- ❖ Not deal with death; deal with the LIFE that is still there.



Common Ways to Handle Mortality

- ❖ Talk, talk, talk.
- ❖ Taped Messages
 - ❖ Letters
 - ❖ Touch
 - ❖ Religion



Kristin can tape some messages for you!

What We Should Do Now

- ❖ A Transforming Practice:
- ❖ Close your eyes...



WE'RE ALIVE!!!