

Article Discussion Week 1

BSHS 311

Humanistic Approach of a terminally ill

patient

In this summary the care of a dying person affects the dying person and his or her family. There are two aspects that can happen to each of us "birth and death", which is a joyful and painful personal experience for us all. Dying and death has multiple affects that can be a burden on the dying patient and/or family with physical, psychological, emotional, spiritual, and financial .

No matter how death occurs there is information to help with the impact. There are five stages of dying that people face denial, anger, bargaining, depression, and acceptance. Management of a dying patient would consist of concern including empathy and compassion. Competence is also reassuring to patients knowing that the person caring for them has skills and knowledge.

Communication will allow the patient to speak out and cohesion can reassure both the patient and family. Adding cheerfulness can ease the pain one may be feeling. Finally consistency like persistent attention can assure a patient that he or she is not a burden. From a nursing side of dealing with a dying patient would be able to deal with mental anguish and fear of death.

Another point would be to try and respond in a proper manner to patients needs including listening to the patients about concerns and complaints they may have. When it comes to the care of a dying patient some of the tips to having a better perspective would include education and role playing to improve empathetic skills. Respecting

the patient's point of view and his or her family is important. Some of the tasks that would work are to develop a sense of control and efficacy, encourage peer groups for families, and improve communication and effective interactions ("Care Of Dying and Death", 2011).

Psychotherapy with the Dying Person

A therapist works with a terminally ill patient and offers them psychotherapy to provide them with different methods of therapy to help both the patient and family members deal with the emotional pain they are enduring. The humanistic approach is provided to help the dying patient continue to live life while facing death. The therapist conquers this by not making any false promises, instead encouraging the patient to continue to live.

The humanistic approach is patient centered and promotes building a strong and supportive relationship with the patient, it allows the patient to set the pace of how treatment will be conducted, as well as allowing the patient to interact and take part in the process of dying. There are five stages of dying; denial, anger, bargaining, depression, and acceptance.

Modern psychotherapies are divided into four main groups - psychodynamic-the psychodynamic approaches are mainly concerned with the emotional conflicts and defense mechanisms of the