

3:00-4:30 pm:

THE JOURNEY WITHIN: REFLECTION AND RECONCILIATION AT END OF LIFE



Louis Gamino, PhD, ABPP, FT
Professor of Psychiatry & Behavioral Science
Baylor Scott & White Health
Program Director: Postdoctoral Fellowship Program in Clinical Health Psychology
Program Director: Biennial BSWH Bereavement Conferences
Past President (2018-2019), Association for Death Education and Counseling (ADEC)

Level of Instruction: Advanced

Presentation Summary: Engaging in life review can often be a rewarding and constructive therapeutic exercise for patients facing the end of their lives. However, the process can also involve uncomfortable moments when patients confront inevitable shortcomings, revisit lost opportunities, or mourn broken relationships. Hospice chaplain Kelly Egan (2016) explored how life regrets can clarify one's hopes and dreams for better things, even at the end of life. In a compelling case study, the author presents how one hospice patient reflected on her tumultuous life journey and drew upon her hard-won wisdom to change how she communicated with and related to her closest loved ones, even as she approached her own death. Excerpts from a videotaped interview illustrate how the patient made these turns during the course of end-of-life treatment.

Objectives: Upon completion of this lecture, the participant will be able to:

- Explain the dynamic relationship between regret and hope and how personal goals and objectives can be clarified by exploring regrets.
- Compare and contrast the psychological variables of forgiveness and reconciliation, as applied to end-of-life care.
- Discuss the role of goodbye letters and "Hello, again..." letters in end-of-life care.

References:

Chochinov, H. M. (2012). *Dignity therapy: Final words for final days*. New York: Oxford University Press.

Egan, K. (2016). *On living*. New York: Riverhead.