

## Death for Clinicians: How to Treat a Patient who is Dying

In this 10-week elective we will explore the challenges of treating a patient who is dying.

Each session will begin with a short, guided meditation. Participants will be asked to write a brief journal entry each week to reflect on the experience of reading that week's papers. For background, we will begin by familiarizing ourselves with the actual stages of the death process, the reality of how we die.

### 1. The death process I: An exploration of pre-conceptions about death and dying

Hoffman, I. (1979). Death Anxiety and Adaptation to Mortality in Psychoanalytic Theory. *Ann. Psychoanal.*, p. 247 – 267

Kubler-Ross, E. (1962) *On the Fear of Death*, from *On Death and Dying*, Scribner, p. 1-9.

### 2. The death process II:

*The Signs of Dying*, adapted from the Amitabha Hospice of Australia

Exercise: A Guided Meditation on Dying

### 3. How to talk about dying with your patient:

(Guest speaker: Dr. Ruth Livingston, Ph.D.)

Kubler-Ross, E. (1962) *Therapy with the Terminally Ill*, from *On Death and Dying*, Scribner, p. 255 - 262.

### 4. Active listening:

Bion, W. (1967) *Notes on Memory and Desire* (1967) *The Psychoanalytic Forum*, Vol. 2, No. 3

Saunders, D.C., (2016) *Watch with Me: The Founding of St. Christopher's Hospice*, from *Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care*, edited by Ellison and Weingast, Wisdom Publications, p. 21 – 27.

### 5. Acceptance:

Ghent, E. (1990). *Masochism, Submission, Surrender—Masochism as a Perversion of Surrender*. *Contemp. Psychoanal.*, 26:108-136

6. Transference/Countertransference: Holding and Subjectivity

Slochower, J. (1996). Holding and the Fate of the Analyst's Subjectivity. *Psychoanal. Dial.*, 6(3):323-353.

Wachtel, P. (1986). On the limits of therapeutic neutrality. *Contemp. Psychoanal.*, 22: 60-70.

7. Anticipatory Mourning:

Buechler, S. (2000) Necessary and unnecessary losses: the analyst's mourning. *Contemporary Psychoanalysis* (36/1) pp.77-89.

Loewald, H. (1962) Internalization, separation, mourning and the superego. In: *Papers on Psychoanalysis*. New Haven: Yale University Press. 1980, selection: pp.258-263.

Supplemental: Rando, T., ed., The six dimensions of anticipatory mourning. In *Clinical Dimensions of Anticipatory Mourning*. Champaign: Research Press. 2000: pp.51-102.

8. Spirituality:

Guest Speaker: Robert Chodo Campbell, Contemplative Care Chaplain

Breitbart, S. (2004). *Psychotherapeutic Interventions at the End of Life: A Focus on Meaning and Spirituality*, *Canadian Journal of Psychiatry*, Jun;49(6):366-72.

9. Silence:

Bassett L., Bingley, A. & Brearley, S. (2018) *The contribution of silence to spiritual care at the end of life: a phenomenological exploration from the experience of palliative care chaplains*, *Journal for the Study of Spirituality*, 8:1, 34-48.

Sabbadini, A. (1991). *Listening to Silence*. *Brit. J. Psychother.*, 7(4):406-415

10. Death as Termination:

Hoffman, I.Z. (1998) Constructing Good Enough Endings, In: *Ritual and Spontaneity in the Psychoanalytic Process Hillsdale, N.J.:* The Analytic Press, Ch 10, pp. 245-273.

Levenson, E. (1976) The aesthetics of termination. *Contemporary Psychoanalysis* 12(3): 338-342.