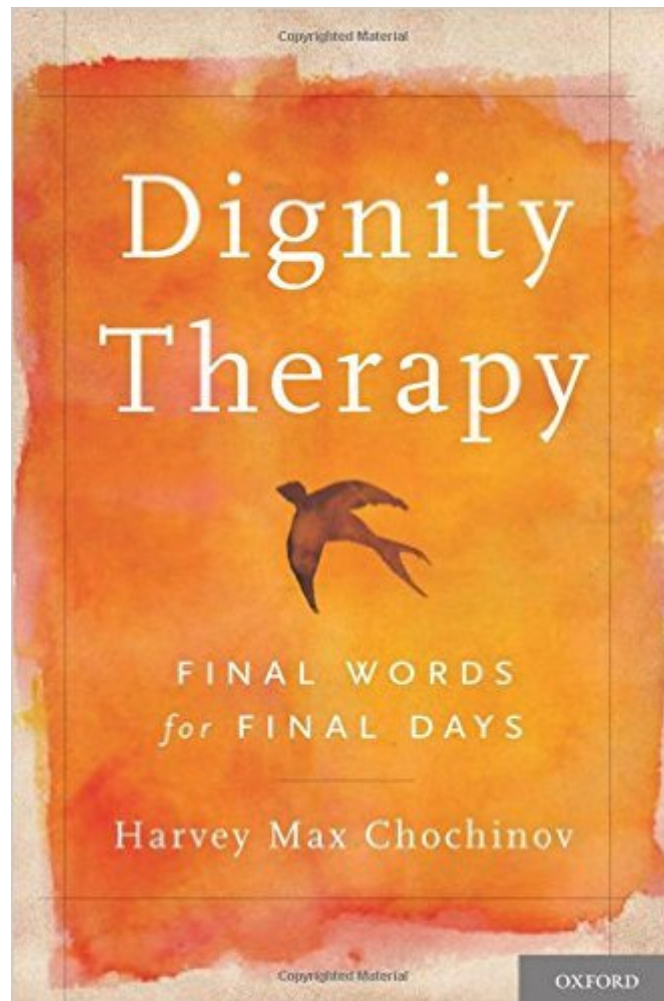


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# Dignity Therapy: Final Words For Final Days



## Synopsis

Maintaining dignity for patients approaching death is a core principle of palliative care. Translating that principle into methods of guiding care at the end of life, however, can be a complicated and daunting task. Dignity therapy, a psychological intervention developed by Dr. Harvey Max Chochinov and his internationally lauded research group, has been designed specifically to address many of the psychological, existential, and spiritual challenges that patients and their families face as they grapple with the reality of life drawing to a close. Tested with patients with advanced illnesses in Canada, the United States, Australia, China, Scotland, England, and Denmark, dignity therapy has been shown to not only benefit patients, but their families as well. In the first book to lay out the blueprint for this unique and meaningful intervention, Chochinov addresses one of the most important dimensions of being human. Being alive means being vulnerable and mortal; he argues that dignity therapy offers a way to preserve meaning and hope for patients approaching death. *Dignity Therapy: Final Words for Final Days* is a beautiful introduction to this pioneering and innovative work. With history and foundations of dignity in care, and step by step guidance for readers interested in implementing the program, this volume illuminates how dignity therapy can change end-of-life experience for those about to die - and for those who will grieve their passing.

## Book Information

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## Customer Reviews

I discovered this book after reading about Dr Chochinov's research published in The Lancet journal and it is nothing short of remarkable. The first part of the book focuses on this critical research and

proves the science-based conclusion which the power of "Dignity Therapy" has upon a patient's life during the last few days or weeks. The remaining book spells out exactly 'how to' create this same dignity document for terminal patients regardless of setting. Several people I know have read this important book and we have begun the process of bring this very critical work to our hospice. If you are involved in anyway with hospice or palliative care or terminally ill patients or family member, you REALLY want to read this book. I cannot imagine a finer or more important process for a dying person!!

As a volunteer for Hospice, I heard of this book and decided to investigate further. After reading the book, I decided that I needed more training on the subject and would not attempt to do this without the additional training. The process appears to be beneficial to the recipients who are able to participate in a lucid manner and the benefits to their survivors is also a blessing.

A thoughtful approach to end of life concerns, detailing an approach to help dying persons review their lives to prepare a "living on" document to provide insight to survivors. Not everyone would be up for the intensive nature of these conversations, but for those who are, this book provides detailed advice, raises thoughtful concerns and advocates for "doing it right."

It would be inaccurate to say that I just finished Dr. Chochinov's "Final Words for Final Days," because I find myself using this book as an excellent reference on dignity conserving care. I expect that I will never be truly finished with the book. Dr. Chochinov's surgically precise word choice makes him the Dean Koontz of palliative care literature.

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