

Dignity Therapy Training... Homework Assignment #1

JoAnne Auger

Note: I was placed in a group setting which made it a little more difficult to get to a deeper connection. That said, hopefully it is ok to use a patient I am trying to support. She inspired me to pursue this training, so I hope the assignment will allow me to color outside the lines...

MG- 1995

Maggie is a 33 yr old living in the shadows of severe and enduring anorexia.

What do I need to know about you to help walk alongside you on this care journey?

Maggie has been living with anorexia since her early teens. She has been in and out of treatment programs, both in-patient and out-patient-based for almost 20 years. She is tired, “feeling done”. She feels her dignity has suffered and many interventions have been “done” to her. She is struggling with decisions surrounding how to move forward, questioning whether she can endure another treatment program or ask for hospice/palliative support.

She is an RN, lives alone with her 2 small dogs. Due to her declining physical capacities, she has recently had to give up one of her dogs as she could no longer care for an active puppy. This has saddened her greatly. She can no longer work and financial constraints are forcing her to move in with her mother with whom she has had a difficult relationship. Her mother is questioning her consideration of hospice/palliative care, calling the hospice team “the suicide squad”. She is missing her independence, her ability to do work with meaning and purpose, and her friends. She is scared.