

Peace at Last: Healing for Veterans, Staff, & Ourselves

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Healing vs. Curing?



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Display Rack in Waiting rooms



Together, with their families,
we help people die healed.

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Veterans



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"Suffering ceases to be suffering at the moment it finds a meaning. Suffering has meaning if it changes YOU for the better".

-Viktor Frankl
(Man's Search for Meaning)



"Once a man's will to meaning is fulfilled, he becomes able and capable of suffering."

-Viktor Frankl




*"It seems that the more I come to the confession of my loneliness, hostilities, and illusions, the more I'm able to see solitude, hospitality, and prayer as the vision of my life.
Maybe it's exactly the experience of loneliness that allows me to describe the tentative lines of solitude.
Maybe it is precisely the shocking confrontations with my hostile self that give me words to speak about hospitality as a real option.
And maybe I'll be courageous enough to speak about prayer as a human vocation without the disturbing discovery of my own illusions."*




-Henri Nowen
(Wounded Healer)

"We would rather be ruined than changed.
We would rather die in our dread than climb the cross of the moment to let our illusions die"



W.H. Arden
(English poet)

"We all say we want to grow.
None of us want to change".



Deborah Grassman

Successful Suffering?

Grant me the Serenity
to accept the things I cannot change,
The Courage
to change the things I can,
And the Wisdom
to know the difference.



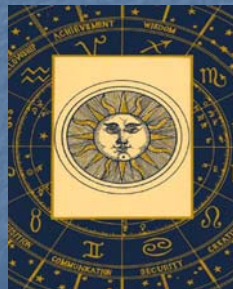
Living one day at a time,
Enjoying one moment at a time.
Accepting hardships as the pathway to peace.
(-Reihold Niebuhr)

Integrative Letter Writing: A Healing Process



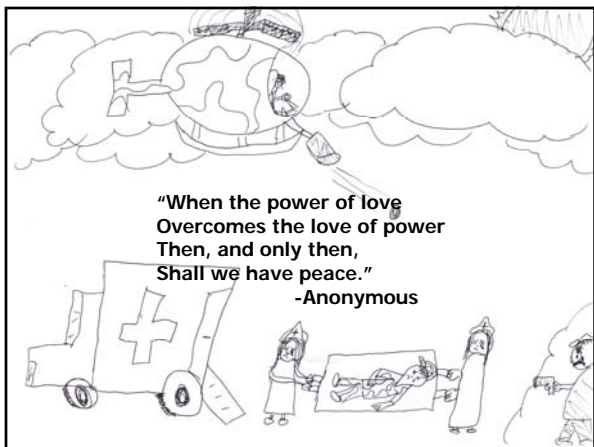
Your Healing?

- Process for accessing healing?
(Decide to face something you'd been running/hiding from)
(Reach out and ask for help: vulnerable)
(Required that you stay in the discomfort of uncertainty and resist the urge to fight/flight again.) (Deep breathing)
(Took time)
- Result? Healing.



*I asked God to take away my pride, and God said, "No."
He said it was not for Him to take away, but for me to give up.
I asked God to make my handicapped child whole, and God said, "No."
He said her spirit is whole, her body is only temporary.
I asked God to grant me patience, and God said, "No."
He said that patience is a byproduct of tribulation. It isn't granted, it's earned.
I asked God to give me happiness, and God said, "No."
He said he gives blessing. Happiness is up to me.
I asked God to spare me pain, and God said, "No."
He said suffering draws me apart from worldly cares and brings me closer to Him.
I asked God to make my spirit grow and God said, "No."
He said I must grow on my own, but He will prune me to make me fruitful.
I asked God to help me love others as much as He loves me.
And God said, "Ah, you finally have the idea."
(Claudia Minden Weisz)*





Beholding



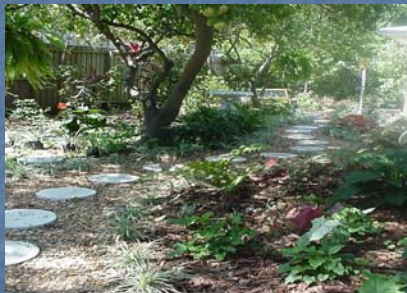
"Pretend like you died today. What would be left unsaid and undone?"



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7 Tasks of Living and Dying Healed

Forgive me
I forgive you
I love you
Thank you
Good-bye
Let go
Open Up



Current Death Rate?

1 per person



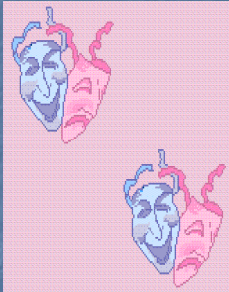
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"I don't want to take their hope away."

How does lying to people increase their hope?
Are there adverse effects to enabling denial?
How many here hope to be prepared for their death so nothing is left unsaid or undone?
How many here hope to die healed?
Are these hopes legitimate?
When someone is nearing the end of life, which is a more legitimate hope: to prepare yourself and your family for your death or to pretend that death is not going to come?
Are there adverse effects to helping someone prepare to die healed, and they don't die?

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What if dying isn't the worst thing that could happen?



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End-of-life Strategy: What's Yours?



We all have a chronic, FATAL illness,..

You only get to die once.

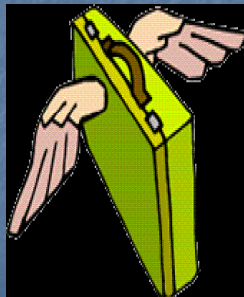
**Don't miss the opportunity
to be present.**

-Deborah Grassman

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Outcome Measures

"I'm packed up,
prayed up, and
ready to go".
- Hospice patient



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"I had supervised Hospice for years, but I had no idea what they really did. On the outside looking in, Hospice felt like a stone I carried in my pocket, weighing me down. Then, I became the Medical Director for Hospice. What I discovered was that stone was really a precious gem. Hospice saved my life."

-John Frutchey MD
Chief Geriatrics & Extend Care
Bay Pines VAMC

