
Dignity therapy¹

- Effective in improving the self-perception (self-esteem, self-worth, and self-respect) and personal wellbeing (feeling positive and fulfilled) of individuals who experience: ¹
 - ✓ Loss of autonomy (feeling you have no control).
 - ✓ Challenging spiritual or existential experiences (feeling lost in who you are, what your purpose is).
 - ✓ Terminal illness and disability.
 - ✓ End-of-life anxiety.

- How does dignity therapy work?
 - ✓ Clients usually have terminal illness or are near the end of life.
 - ✓ Interviewers talk to clients about:
 - ▶ Accomplishments
 - ▶ Life history
 - ▶ Meaningful roles the person has/had
 - ▶ Hopes and dreams
 - ▶ How the client wants to be remembered by loved ones

1. Rosenberg, S. (2018). Dignity Therapy. *The American Journal of Psychiatry Residents' Journal*, 13. DOI: 10.1176/appi.ajp-rj.2018.130803

- The answers are written down and if the client wants, it is shared with loved ones:
 - ▶ Improves communication between patient and loved ones
 - ▶ Leaves behind a legacy of the individual when they die

“Terminal illness and the concomitant loss of a sense of purpose, selfhood, autonomy, and meaning present great challenges for patients, families, and clinicians. Dignity therapy offers a clinically meaningful way to restore and promote essential yet fragmented or eroded elements of the self and yields creative documents that survive the death of the patient.”

Quote by Rosenberg, 2018¹

- Has a fantastic research base and is widely applied in clinics.
- Very well documented approach.
- [This link](#) provides more information and example questions used in the sessions with clients.

1. Rosenberg, S. (2018). Dignity Therapy. *The American Journal of Psychiatry Residents' Journal*, 13. DOI: 10.1176/appi.ajp-rj.2018.130803