

Demoralization and the Application of Meaning and Purpose (MaP) Therapy in End-of-Life Care Settings

Demoralization is a mental state of low morale and poor coping associated with hopelessness-helplessness, meaninglessness and pointlessness, which potentially leads to a desire to die. It is distinct from depression, but can occur co-morbidly with adjustment and depressive disorders. This one-day training workshop is specially designed for health and social care professionals who are interested in demoralization. It will provide an overview on demoralization in end-of-life care settings and risk factor associated with demoralization. Participants will be invited to review clinical vignettes to determine optimal diagnoses and management plans. The innovative Meaning and Purpose (MaP) Therapy will be introduced to help patients at end-of-life to sustain focus on living, identify the many sources of meaning and fulfilment, and thus better negotiate through advanced illnesses.