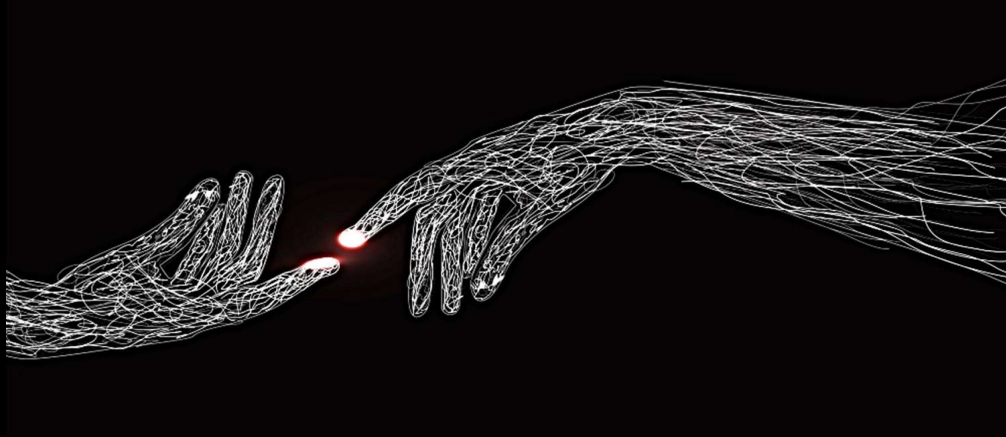


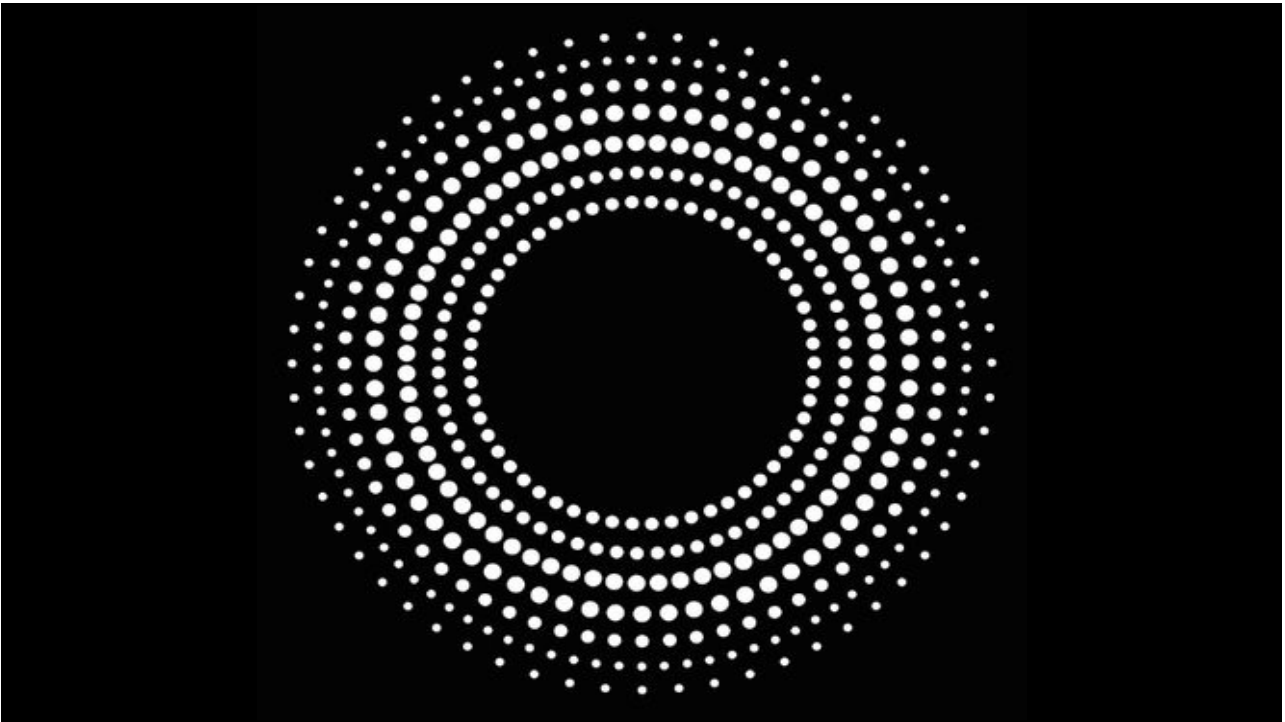
The Power of Love



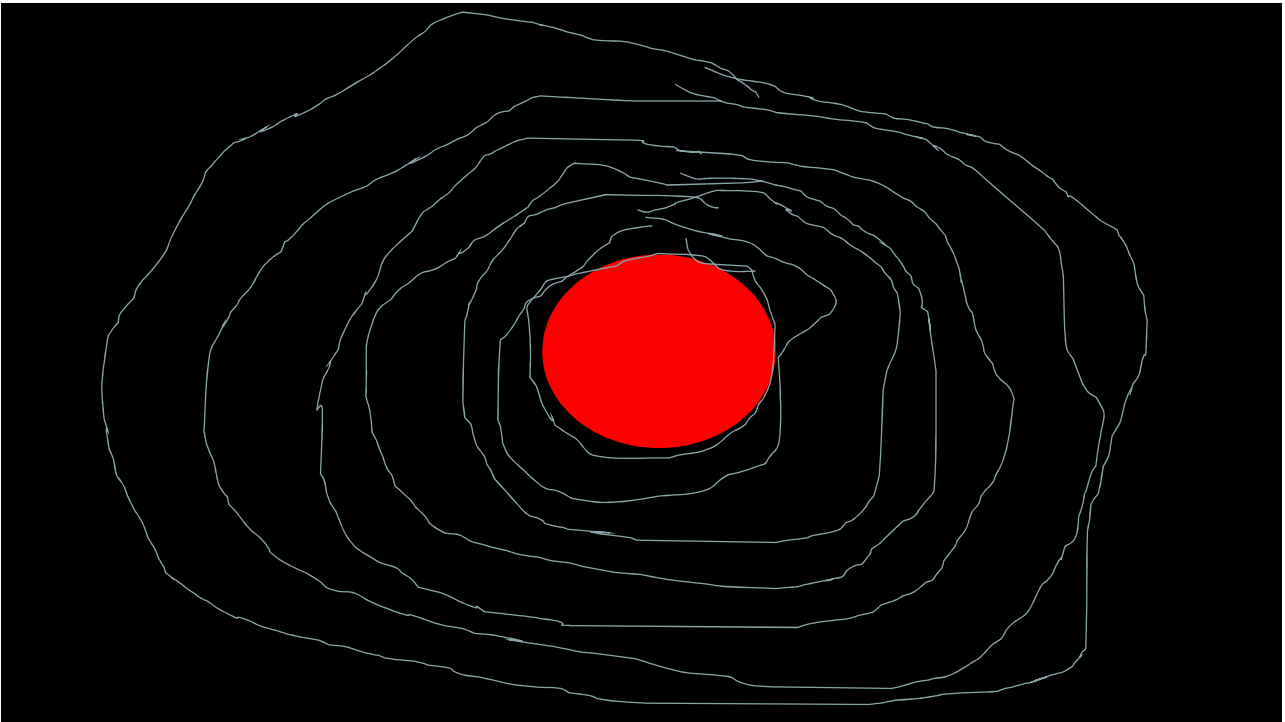
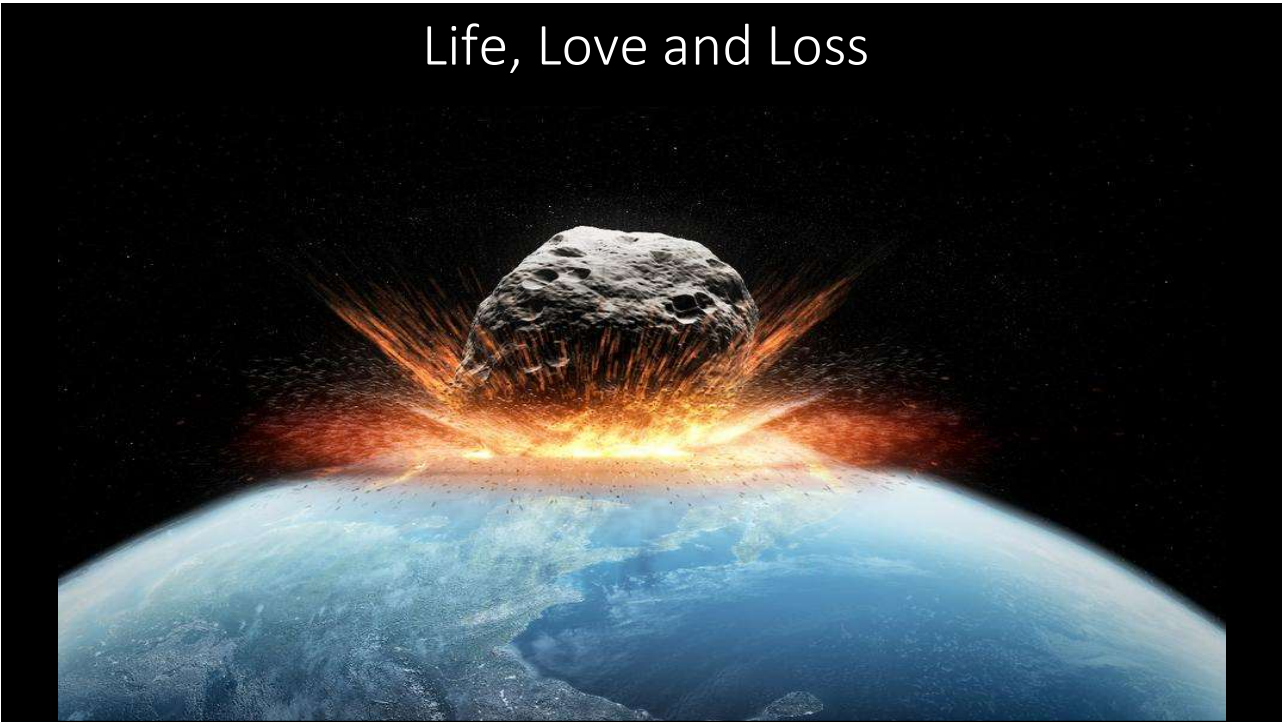
Grampians Regional Palliative Care Conference
May 23-24, 2019
Liese Groot-Alberts

There are only two feelings
Love and fear.
There are only two languages.
Love and fear.
There are only two activities.
Love and fear.
There are only two motives,
Two procedures, two frameworks,
Two results.
Love and fear.
Love and fear.

Poet: Michael Leunig



Life, Love and Loss



Empathy: understand and share the feelings of another

Compassion: love in action, healing



“I am doing very well because people have been so wonderful.
There is an outpouring of love.
Its’ been very, very sustaining and energetic.”

Blanche D’Alpuget, two days after the death of her husband Bob Hawke

The purpose of compassion is
healing



I think modern medicine has become like a prophet offering a life
free of pain. It is nonsense.
The only thing I know that truly heals people is unconditional love.

Dr.Elisabeth Kübler-Ross, 1926-2004



“We use so much of our empathy and compassion with our patients, we run out of it with each other as palliative care clinicians.

We have some of the most uncompassionate, un-empathetic people in this field when dealing with colleagues.”

David Currow in Larkin, Philip J.

“Compassion: the essence of palliative and end of life care” . 2016



the impact of loving, compassionate care

the parallel-process, the inter-connectedness
the consequences and effects of caring

SHADOW: That which we fear in ourselves, under the surface

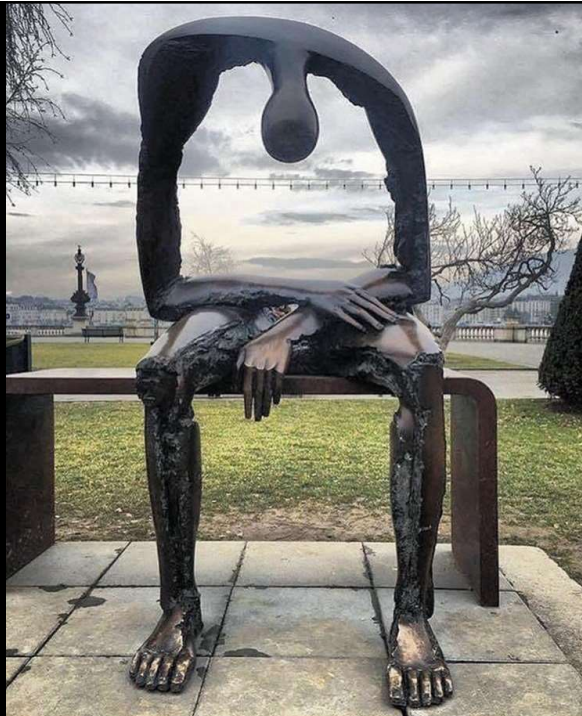


Image: Borlut Furlan

loneliness/isolation/disconnect

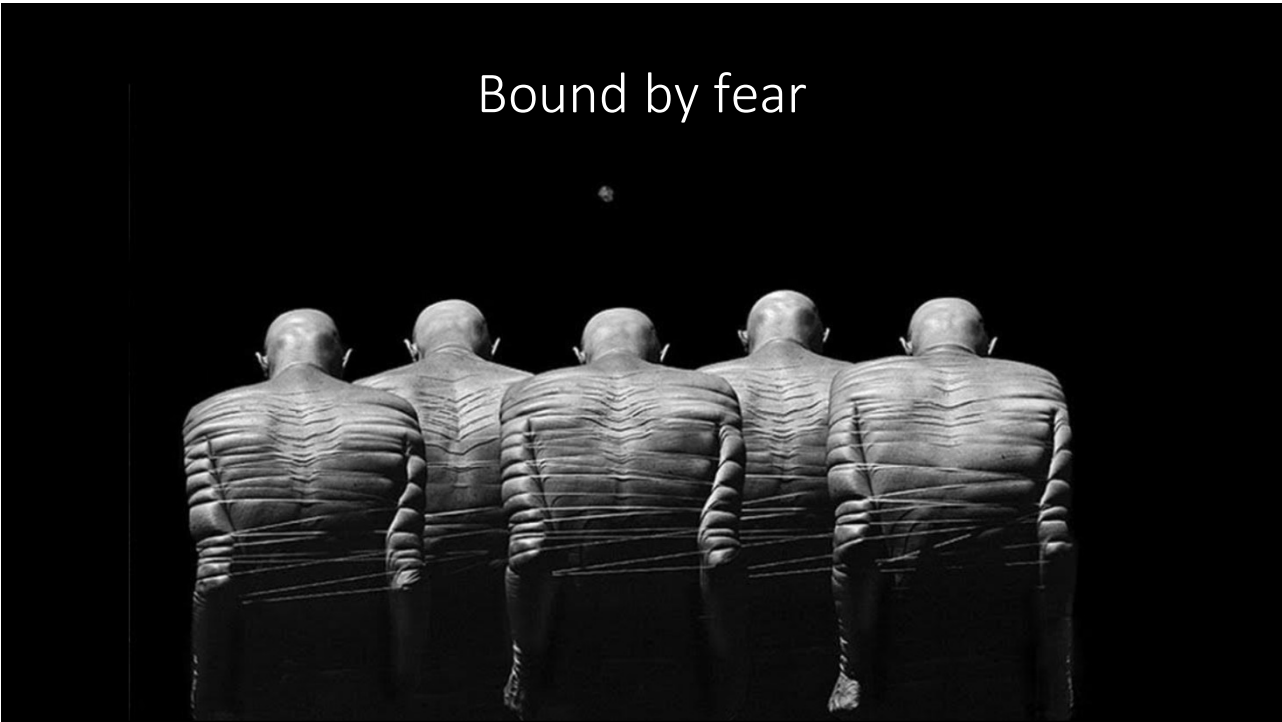


A doctors' story



Artist: Albert György

Bound by fear

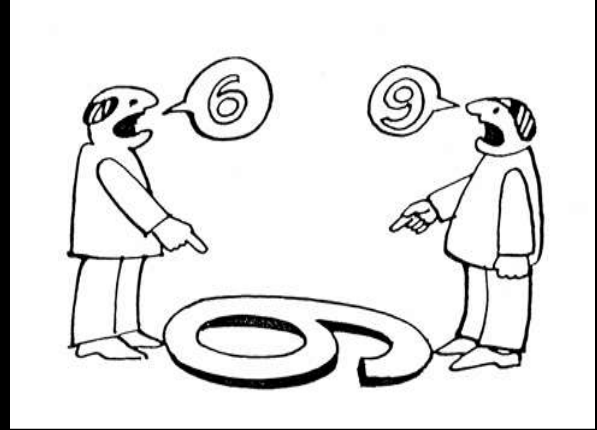


In-groupers and out-groupers, judgments and rejection



Research: Greenberg, Solomon and Pyshynsky

possessiveness, competition, envy



curling



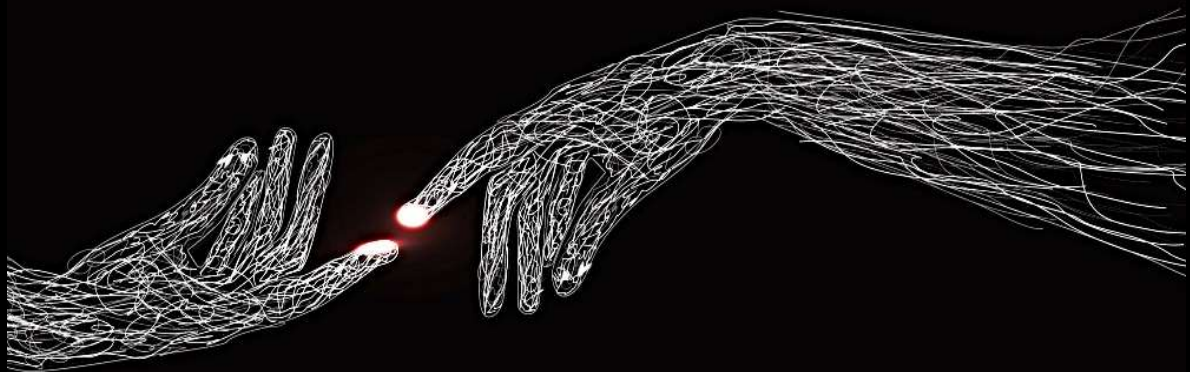


Our evidence based medicine is based on a **science** that specifically excludes any effects of consciousness or relationship.

We have hundreds of guidelines for the treatment of disease, do we have any for the care of the whole person?

Dr Robin Youngson, Anaesthetic Specialist. Co-Founder of Hearts in Healthcare

Some pointers to healing:
love/compassion for others and self



common misgivings about self-love, self-compassion

It is weak or it is self-pity

Undermines motivation

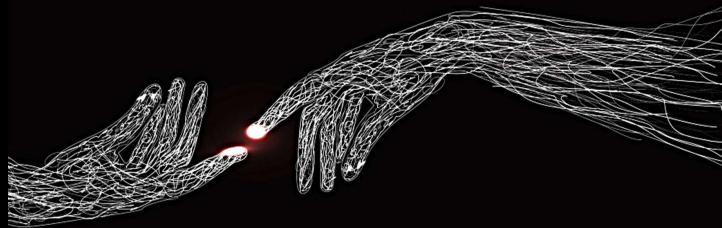
Is selfish or self-indulgent

Is passive and complacent

It is vain and narcissistic



Self-love is a state of being
unconditional acceptance of who you are, warts and all!!!



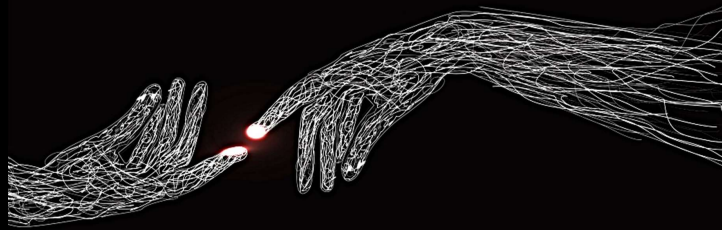
Self-compassion is a state of doing
honestly accepting where you are in life
Practicing awareness and deeper understanding of self

Rebuilding self-worth by facing shame and guilt



“If you do not face your demons, your angels might leave too”

Self-love is a state of being
unconditional acceptance of who you are, warts and all!!!



Self-compassion is a state of doing
honestly accepting where you are in life
Practicing awareness and deeper understanding of self

Finishing unfinished business, healing regrets



forgiveness



forgiveness is giving up the belief that you have the right to hurt some one who has hurt you.

part of the process of forgiveness is letting go of all hope for a better past

self-forgiveness



Acknowledge the wrong you did and accept responsibility.

Find the courage to work through the feelings of regret, shame, guilt, anger, fear, grief

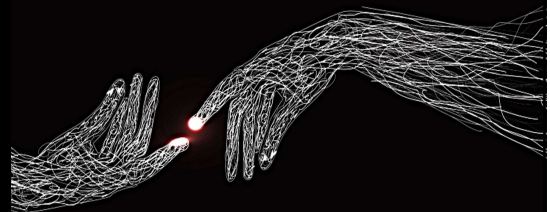
Journey from self-punishment to self-acceptance

The life I touch for ill or good

will touch another life, and that in turn
another,

until who knows where the trembling
stops

or in what far place my touch will be
felt



Frederic Buechner

Tige Tank, Thank you

Noho ora mai rā

Terima kasih

Faafetai lava

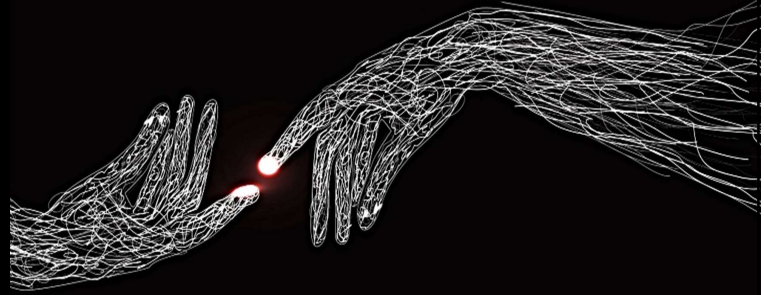
谢谢

Xièxiè

धन्यवाद

Dhanyavaad

Salamat po



www.liesegrootalberts.com

liese@liesegrootalberts.com