

Psychotherapy for people living with MND

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Existential themes

Four givens:

Death

Freedom

Isolation

Meaninglessness

The emotional impact of living with MND

Loss & bereavement

Isolation

Relationship difficulties

Suicidal ideation

Meaning/meaninglessness

Why Me?

Neuropsychotherapy

Loss & bereavement

Physical decline

Psychological impact:

Perpetual bereavement

Anxiety/low mood

Role/Identity

Meaning

Death

Isolation

Access

Vulnerability

Body image

Relationship difficulties

Contact (psychosocial)

Partner-to-carer

Roles

Protect each other (alienation)

Circle subject

Couples counselling

Suicidal ideation

Active plans to end life (Dignitas)

Flirtation with non-existence (psychological escapism)

Meaning

Meaning in transition (extinguish fantasies about what cannot be tolerated)

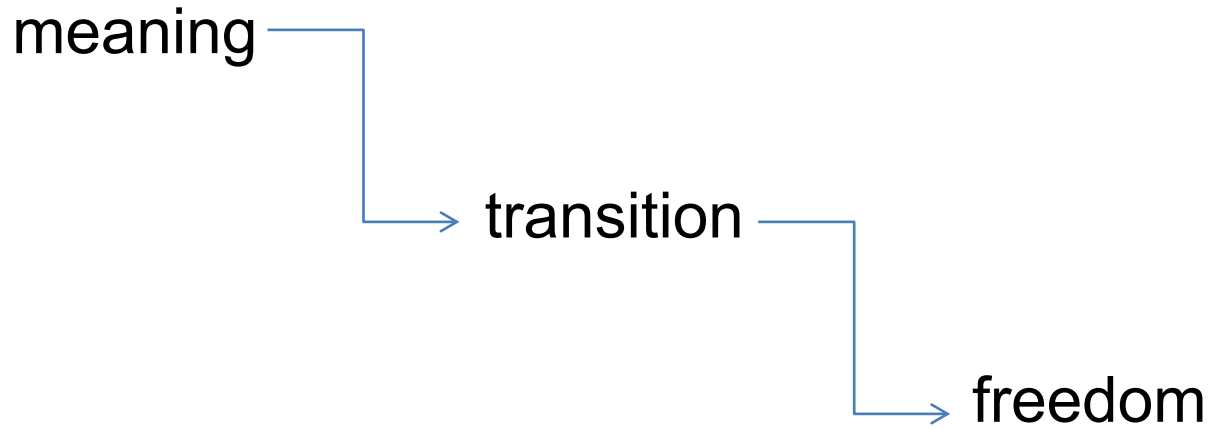
Why psychology/why communicate (reduction of isolation)

Importance of relationships

Avoid wasting time on meaningless tasks

Faith/afterlife?

Meaning & Freedom



Meaning

“We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human potential at its best, which is to transform a personal tragedy into a triumph, to turn one’s predicament into a human achievement.”

(Frankl, 1984)

Why me?

What did I do wrong:

Search for formulae
Offset fragility of life
Regain control

Randomness of life/Unfairness of life

Neuropsychotherapy

Equality impact assessment

Timing of sessions

Memory aids

Communication aids

Neuropsychotherapy

Learning from neuroscience

Disinhibition (why not?/offset fragility)

Apathy (defence)

Emotional lability (emotional overwhelm)

Frontotemporal dementia

Impact upon practitioners

Fragility

Health anxiety

Implications for practice

Fragility

Consequence of working with a fragile population

Flexible practice

Functional denial

Family and friends

Health anxiety

Developing a condition

First two years

Managing the impact

Increased supervision

Qualified supervisors (embedded)

Facilitative
