

Lifespan Psychology  
Chapter 19: Dying And  
Spirituality

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- Overview-Outline
- Role of death in life
    - Definitions
    - Successfully dealing with death
  - Grieving
  - Suicide
  - Dying “successfully”
  - Spirituality

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- The Role of Death in Life
- What Is Death?
  - Four Types of Death
    - Clinical
    - Brain
    - Biological (Cellular)
    - Social

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## The Role of Death in Life

- The Legal Definition of Death
  - Unreceptivity and unresponsivity, no movements or breathing, no reflexes, and a flat EEG reading that remains flat for 24 hours
- Dealing Successfully with the Death of Others

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## Grief Work

- Pathological Grieving
  - Three types of grief reactions
    - Delayed reaction
    - Distorted reaction
    - Pathological mourning

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## Grief Work

- **The Role of Grief**
  - It is a healthy encounter with the crisis of death
- **The Role of the Funeral**
- **Dealing Successfully with One's Own Death**
  - Elisabeth Kübler-Ross' Five-Stage Theory
    - Shock and denial, anger, bargaining, depression and acceptance

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## Suicide

- Twenty percent of all suicides are elderly
- Reasons:
  - Poor health
  - Loneliness
- Rate for male suicide is much higher

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## “Successful” Dying

- **Death with Dignity**
  - Euthanasia
    - Passive euthanasia
    - Active euthanasia
  - Physician-assisted suicide (PAS)

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## “Successful” Dying

- **The Hospice: “A Better Way of Dying”**
  - Established to provide for a more “natural” death for those who are terminally ill
  - Pain medications and counseling are given

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## Spirituality

- **Religious Participation**
  - Concerned with “why” life is worth living
  - Religious values become stronger with age
- **Frankl’s Theory of Spirituality**
  - Three interdependent stages
    - Somatic (physical) dimension
    - Psychological dimension
    - Noetic dimension

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## Spirituality

- **Jung’s Theory of Spirituality**
  - Discovering a meaning and purpose
  - Gaining a perspective on others
  - Preparing for the final stage of life –death
- **Wilson’s Theory of Spirituality (Sociobiological)**
  - Objectification
  - Commitment
  - Mythification

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## Spirituality

- **Fowler’s Theory of Spirituality**
  1. Intuitive-projective faith
  2. Mythical-literal faith
  3. Poetic-conventional faith
  4. Individuating-reflective faith
  5. Paradoxical-consolidation faith
  6. Universalizing faith

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