

Dignity therapy approach in mental disorders

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Abstract

Amongst the many consequences of psychiatric disorders, such as poor quality of life and poor health, increased physical morbidity, and lower life expectancy, some are of particularly relevance, such as stigma, discrimination and similar assaults to human dignity. In order to reduce the alienation of those affected by mental illness, person-centered psychiatry is an approach to promote a medicine of the person, for the person, by the person and with the person. Dignity- conserving care is part of this approach and it should be practiced in mental health care settings, enabling partnerships with people encountering psychiatric disorders that include mitigating loss of identity, shattering of their self-image, and various challenges within the psychological, interpersonal, spiritual and existential domains. Dignity Therapy, as a personalized and empirically-based intervention developed for patients with life-threatening or limiting illnesses, has been applied in psychiatric settings showing a reduction of stigma and suffering.

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