




POSITIVE PSYCHOTHERAPY AS A LINK IN DISCOVERING LOST RESOURCES IN ELDERLY PATIENTS WITH TYPE 2 DIABETES



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TYPE 2 DIABETES IN ROMANIA

- 2019- there were 41% more cases than in 2012
 - 2021- around 1.5 million diagnosed diabetes cases.
 - For the 60y+ population: 1 in 2 older people is diabetic or pre-diabetic.
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- In practice: in 2019- 1300 patients registered, after the covid pandemic-> 2023- 3400 patients



PERCEPTION OF DIABETES



"This disease came as a punishment!"

"Now I can't do anything"

"I had so many plans and now this diabetes is getting in the way".



HOW DO WE FIND RESOURCES WHERE NONE SEEM TO EXIST?

- the great advantage of Positive Psychotherapy is this: it becomes a lantern that puts light in the dark tunnel, until the patient manages to find the light at the end of the tunnel and allows himself to come out differently than he was before
- diabetes itself became the way to the path of love, inner rhythm, meaning and hope.
- each patient has a fantastic capacity and a great desire to "live" and "be alive".

CASE 1 - ABOUT LONELINESS

Mrs E, aged 71, diagnosed with diabetes 10 years ago, comes for counselling because the treatment prescribed by the diabetologist no longer gives any result, the patient developing all sorts of side effects that seem to reject any treatment scheme: hives, frequent urinary infections, glycosylated hemoglobin values of 8-9.

"All my life I've taken care of others, to have them with me as much as possible, and now I'm alone."

- Identified capacities: obedience, trust, fidelity, politeness, contact
- Intervention: the line of life (loneliness as a resource), ability to easily relate to other
psychoeducation regarding boundaries, how to communicate and identify her needs
reducing the time spent cleaning and increasing the time spent resting

CASE 2 - ABOUT MEANING

Mrs. M- early retired (former hospital cook) during COVID-19 and who in 2022, is diagnosed with diabetes after a heart attack.

"Only death remains ahead, though so much I have yet to live."

Intervention:

Positive interpretation of her symptom

"I think diabetes and heart attack, are trying to tell me that I am not living the life I want and I think I should tell others, especially my family. I think it's time to speak out."

Loss of meaning and her passion for cooking can shape new meaning

Creativity

Time as a resource

CONCLUSION

Diabetes in elderly patients can represent a moment of resetting life areas, leaving room for creativity, adaptability and providing a good opportunity to redefine self-care.