

WEBVTT

00:00:00.000 --> 00:00:02.178 Funding for Yale Cancer Answers is

NOTE Confidence: 0.93333614

00:00:02.178 --> 00:00:04.240 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.93333614

00:00:06.680 --> 00:00:08.840 Welcome to Yale Cancer Answers

NOTE Confidence: 0.93333614

00:00:08.840 --> 00:00:10.560 with Doctor Anees Chagpar.

NOTE Confidence: 0.93333614

00:00:10.560 --> 00:00:12.272 Yale Cancer Answers features the

NOTE Confidence: 0.93333614

00:00:12.272 --> 00:00:14.062 latest information on cancer care

NOTE Confidence: 0.93333614

00:00:14.062 --> 00:00:15.566 by welcoming oncologists and

NOTE Confidence: 0.93333614

00:00:15.566 --> 00:00:17.744 specialists who are on the forefront

NOTE Confidence: 0.93333614

00:00:17.744 --> 00:00:19.679 of the battle to fight cancer.

NOTE Confidence: 0.93333614

00:00:19.680 --> 00:00:21.135 This week it's a conversation

NOTE Confidence: 0.93333614

00:00:21.135 --> 00:00:23.399 about the role of a chaplain in

NOTE Confidence: 0.93333614

00:00:23.399 --> 00:00:25.264 palliative care with Jane Jeuland.

NOTE Confidence: 0.93333614

00:00:25.270 --> 00:00:27.070 Miss Jeuland is an outpatient

NOTE Confidence: 0.93333614

00:00:27.070 --> 00:00:28.870 palliative care chaplain with the

NOTE Confidence: 0.93333614

00:00:28.936 --> 00:00:30.708 Smilow Palliative Care program.

NOTE Confidence: 0.93333614

00:00:30.710 --> 00:00:31.442 And Dr. Chagpar
NOTE Confidence: 0.93333614

00:00:31.442 --> 00:00:33.638 is a professor of surgical
NOTE Confidence: 0.93333614

00:00:33.638 --> 00:00:36.347 oncology at the Yale School of Medicine.
00:00:36.630 --> 00:00:39.478 Jane, maybe we can start off by you
NOTE Confidence: 0.92871416

00:00:39.478 --> 00:00:42.070 telling us a bit more about what you
NOTE Confidence: 0.92871416

00:00:42.070 --> 00:00:44.786 do and the role
NOTE Confidence: 0.92871416

00:00:44.786 --> 00:00:47.186 that you play for cancer patients.
NOTE Confidence: 0.9334637

00:00:47.690 --> 00:00:50.858 Sure. So I am the outpatient
NOTE Confidence: 0.9334637

00:00:50.858 --> 00:00:52.442 palliative care chaplain.
NOTE Confidence: 0.9334637

00:00:52.450 --> 00:00:54.964 And what that really entails
NOTE Confidence: 0.9334637

00:00:54.964 --> 00:00:58.132 is that I meet with patients either
NOTE Confidence: 0.9334637

00:00:58.132 --> 00:01:01.480 by video, phone, or in person and I
NOTE Confidence: 0.9334637

00:01:01.480 --> 00:01:03.405 meet with them for about an hour,
NOTE Confidence: 0.9334637

00:01:03.410 --> 00:01:06.566 usually a couple times a month.
NOTE Confidence: 0.9334637

00:01:06.570 --> 00:01:10.826 And we process all that they're going
NOTE Confidence: 0.9334637

00:01:10.826 --> 00:01:14.490 through spiritually as they journey in this
NOTE Confidence: 0.9334637

00:01:14.490 --> 00:01:17.690 cancer treatment world,
NOTE Confidence: 0.9334637

00:01:17.690 --> 00:01:20.525 all the ups and downs and the roller coaster.
NOTE Confidence: 0.9334637

00:01:20.530 --> 00:01:24.512 I also run groups as well and
NOTE Confidence: 0.9334637

00:01:24.512 --> 00:01:26.822 help people who are interested
NOTE Confidence: 0.9334637

00:01:26.822 --> 00:01:29.250 in writing their life story.
NOTE Confidence: 0.9334637

00:01:29.250 --> 00:01:31.329 So it's a variety of approaches.
NOTE Confidence: 0.92603266

00:01:32.770 --> 00:01:35.535 When we think about cancer
NOTE Confidence: 0.92603266

00:01:35.535 --> 00:01:37.355 patients and particularly those who
NOTE Confidence: 0.92603266

00:01:37.355 --> 00:01:39.643 are looking at the end of life,
NOTE Confidence: 0.92603266

00:01:39.650 --> 00:01:43.540 I can imagine that for many patients that can
NOTE Confidence: 0.92603266

00:01:43.540 --> 00:01:47.006 entail almost an existential crisis, right?
NOTE Confidence: 0.92603266

00:01:47.006 --> 00:01:49.336 Thinking about the big questions,
NOTE Confidence: 0.92603266

00:01:49.340 --> 00:01:53.379 what happens after death?
NOTE Confidence: 0.92603266

00:01:53.380 --> 00:01:56.340 What's the meaning of life?
NOTE Confidence: 0.92603266

00:01:56.340 --> 00:01:58.980 Does God exist and what
NOTE Confidence: 0.92603266

00:01:58.980 --> 00:02:01.734 is that relationship going to look like

NOTE Confidence: 0.92603266

00:02:01.734 --> 00:02:04.860 and what happens in the hereafter?

NOTE Confidence: 0.92603266

00:02:04.860 --> 00:02:07.849 How do you approach that with patients

NOTE Confidence: 0.92603266

00:02:07.849 --> 00:02:11.268 who are going through these really big,

NOTE Confidence: 0.92603266

00:02:11.270 --> 00:02:12.710 heavy questions?

NOTE Confidence: 0.9401417

00:02:14.070 --> 00:02:15.510 Yeah, that's such a good question.

NOTE Confidence: 0.9401417

00:02:15.510 --> 00:02:18.172 It is something that comes up regularly

NOTE Confidence: 0.9401417

00:02:18.172 --> 00:02:21.424 with the patients that I serve,

NOTE Confidence: 0.9401417

00:02:21.430 --> 00:02:25.390 many of whom are facing a terminal diagnosis.

NOTE Confidence: 0.9401417

00:02:25.390 --> 00:02:28.450 And so it definitely is at the

NOTE Confidence: 0.9401417

00:02:28.450 --> 00:02:30.096 forefront of their mind and something

NOTE Confidence: 0.9401417

00:02:30.096 --> 00:02:32.105 that they would like to talk about.

NOTE Confidence: 0.9401417

00:02:32.110 --> 00:02:34.636 And you know, chaplains are trained

NOTE Confidence: 0.9401417

00:02:34.636 --> 00:02:37.510 really to meet people where they are.

NOTE Confidence: 0.9401417

00:02:37.510 --> 00:02:40.380 And so our training is really about

NOTE Confidence: 0.9401417

00:02:40.380 --> 00:02:43.591 how to help people discover what

NOTE Confidence: 0.9401417

00:02:43.591 --> 00:02:47.017 they believe and what they value.
NOTE Confidence: 0.9401417

00:02:47.020 --> 00:02:49.072 And so when I'm faced with
NOTE Confidence: 0.9401417

00:02:49.072 --> 00:02:51.315 questions like that, I often will,
NOTE Confidence: 0.9401417

00:02:51.315 --> 00:02:53.932 as with any other topic,
NOTE Confidence: 0.9401417

00:02:53.932 --> 00:02:56.300 kind of ask them a little bit more
NOTE Confidence: 0.9401417

00:02:56.375 --> 00:02:58.959 about do they have a sense of what the
NOTE Confidence: 0.9401417

00:02:58.959 --> 00:03:01.255 afterlife is like and what are things
NOTE Confidence: 0.9401417

00:03:01.255 --> 00:03:04.074 that they may have believed in the past
NOTE Confidence: 0.9401417

00:03:04.074 --> 00:03:06.640 that maybe now they don't believe so
NOTE Confidence: 0.9401417

00:03:06.640 --> 00:03:08.852 much anymore, they're questioning or
NOTE Confidence: 0.9401417

00:03:08.852 --> 00:03:10.476 what are some new beliefs that
NOTE Confidence: 0.9401417

00:03:10.476 --> 00:03:12.249 they have recently learned
NOTE Confidence: 0.9401417

00:03:12.249 --> 00:03:14.133 about and they're trying to explore
NOTE Confidence: 0.9401417

00:03:14.190 --> 00:03:15.672 and learn more about in particular
NOTE Confidence: 0.9401417

00:03:15.672 --> 00:03:18.860 as it relates to the afterlife.
NOTE Confidence: 0.9401417

00:03:18.860 --> 00:03:20.676 And certainly I do get patients who kind

NOTE Confidence: 0.9401417

00:03:20.676 --> 00:03:22.700 of push me a bit more and say okay, great,

00:03:23.420 --> 00:03:24.620 I've shared what I know,

NOTE Confidence: 0.9401417

00:03:24.620 --> 00:03:26.490 but I really still want to know what you

NOTE Confidence: 0.9401417

00:03:26.542 --> 00:03:28.414 know chaplain and what you think about it.

NOTE Confidence: 0.9401417

00:03:28.420 --> 00:03:29.700 And of course,

NOTE Confidence: 0.9401417

00:03:29.700 --> 00:03:33.660 none of us have had the

NOTE Confidence: 0.9401417

00:03:33.660 --> 00:03:36.008 experience of dying.

NOTE Confidence: 0.9401417

00:03:36.008 --> 00:03:39.116 And so we don't know for sure.

00:03:39.693 --> 00:03:41.338 But I like to kind of talk with

NOTE Confidence: 0.9401417

00:03:41.338 --> 00:03:43.102 them a little bit about some of

NOTE Confidence: 0.9401417

00:03:43.102 --> 00:03:44.160 the different religions,

NOTE Confidence: 0.9401417

00:03:44.160 --> 00:03:46.338 what they express about the afterlife

NOTE Confidence: 0.9401417

00:03:46.338 --> 00:03:48.505 and then explore that with

NOTE Confidence: 0.9401417

00:03:48.505 --> 00:03:50.455 them and see sort of what

NOTE Confidence: 0.9401417

00:03:50.455 --> 00:03:51.800 really resonates with them.

NOTE Confidence: 0.92926294

00:03:53.040 --> 00:03:54.909 And that brings up the next

NOTE Confidence: 0.92926294

00:03:54.909 --> 00:03:56.720 question which I was going to ask,
NOTE Confidence: 0.92926294

00:03:56.720 --> 00:04:00.950 which is, as a chaplain
NOTE Confidence: 0.92926294

00:04:00.950 --> 00:04:03.918 you must interact with people from a
NOTE Confidence: 0.92926294

00:04:03.918 --> 00:04:06.710 whole variety of faith backgrounds,
NOTE Confidence: 0.92926294

00:04:06.710 --> 00:04:09.050 including people who are atheist
NOTE Confidence: 0.92926294

00:04:09.050 --> 00:04:12.150 or agnostic all the way through,
NOTE Confidence: 0.92926294

00:04:12.150 --> 00:04:16.550 not only all of the
NOTE Confidence: 0.92926294

00:04:16.550 --> 00:04:19.150 denominations of Christianity and Judaism,
NOTE Confidence: 0.92926294

00:04:19.150 --> 00:04:21.390 but you know Muslims,
NOTE Confidence: 0.92926294

00:04:21.390 --> 00:04:23.356 Hindus, Sikhs,
NOTE Confidence: 0.92926294

00:04:23.356 --> 00:04:27.084 it is so many different religions
NOTE Confidence: 0.92926294

00:04:27.084 --> 00:04:30.283 as we live in a pluralist society.
NOTE Confidence: 0.92926294

00:04:30.290 --> 00:04:32.730 How does that work exactly?
NOTE Confidence: 0.92926294

00:04:32.730 --> 00:04:37.210 I mean do people know that chaplains
NOTE Confidence: 0.92926294

00:04:37.210 --> 00:04:41.590 have a training in other faiths
NOTE Confidence: 0.92926294

00:04:41.590 --> 00:04:44.065 that they may not personally subscribe

NOTE Confidence: 0.92926294

00:04:44.065 --> 00:04:46.850 to and do you feel comfortable

NOTE Confidence: 0.92926294

00:04:46.850 --> 00:04:49.082 discussing issues of

NOTE Confidence: 0.92926294

00:04:49.082 --> 00:04:51.023 faith with people from different

NOTE Confidence: 0.92926294

00:04:51.023 --> 00:04:54.055 backgrounds or do you call in other

NOTE Confidence: 0.92926294

00:04:54.055 --> 00:04:56.295 people, or how does that work?

00:04:59.032 --> 00:05:01.456 Great questions. So I really,

NOTE Confidence: 0.9367869

00:05:01.456 --> 00:05:03.401 really enjoy working with people

NOTE Confidence: 0.9367869

00:05:03.401 --> 00:05:05.739 of all different faiths.

NOTE Confidence: 0.9367869

00:05:05.740 --> 00:05:10.646 I love to see how their faith and

NOTE Confidence: 0.9367869

00:05:10.646 --> 00:05:13.566 spirituality helps them through and

NOTE Confidence: 0.9367869

00:05:13.566 --> 00:05:16.496 how so many different approaches

NOTE Confidence: 0.9367869

00:05:16.500 --> 00:05:18.548 are really in some ways the

NOTE Confidence: 0.9367869

00:05:18.548 --> 00:05:20.581 tastes of the divine and the

NOTE Confidence: 0.9367869

00:05:20.581 --> 00:05:22.409 spiritual and that which is

NOTE Confidence: 0.9367869

00:05:22.409 --> 00:05:24.257 beyond kind of the physical realm.

NOTE Confidence: 0.9367869

00:05:24.260 --> 00:05:27.296 And how all these different

NOTE Confidence: 0.9367869

00:05:27.296 --> 00:05:28.814 spiritualities and beliefs

NOTE Confidence: 0.9367869

00:05:28.820 --> 00:05:30.578 really can help people so much.

NOTE Confidence: 0.9367869

00:05:30.580 --> 00:05:33.350 And so I feel like I get a front row

NOTE Confidence: 0.9367869

00:05:33.428 --> 00:05:35.815 seat into seeing all these beautiful,

NOTE Confidence: 0.9367869

00:05:35.815 --> 00:05:37.740 different expressions of the divine.

NOTE Confidence: 0.9367869

00:05:37.740 --> 00:05:40.618 And you know,

NOTE Confidence: 0.9367869

00:05:40.618 --> 00:05:43.012 not every patient does know that

NOTE Confidence: 0.9367869

00:05:43.012 --> 00:05:45.316 we're trained to serve people

NOTE Confidence: 0.9367869

00:05:45.316 --> 00:05:47.324 of all different faiths.

00:05:48.512 --> 00:05:52.058 For some people who have a

NOTE Confidence: 0.9367869

00:05:52.058 --> 00:05:53.484 particular faith tradition,

NOTE Confidence: 0.9367869

00:05:53.484 --> 00:05:55.840 that's actually a little bit confusing.

NOTE Confidence: 0.9367869

00:05:55.840 --> 00:05:57.730 Kind of how do you do this?

NOTE Confidence: 0.9367869

00:05:57.730 --> 00:05:59.860 How do you have your own

NOTE Confidence: 0.9367869

00:05:59.860 --> 00:06:02.266 personal faith but then meet with

NOTE Confidence: 0.9367869

00:06:02.266 --> 00:06:04.090 people of different faiths?

NOTE Confidence: 0.9367869

00:06:04.090 --> 00:06:05.482 And, you know,

NOTE Confidence: 0.9367869

00:06:05.482 --> 00:06:08.266 for many people it's

NOTE Confidence: 0.9367869

00:06:08.266 --> 00:06:10.546 refreshing to hear that I'm someone

NOTE Confidence: 0.9367869

00:06:10.546 --> 00:06:13.650 who in many ways is kind of neutral.

NOTE Confidence: 0.9367869

00:06:13.650 --> 00:06:15.606 And so even if they have,

NOTE Confidence: 0.9367869

00:06:15.610 --> 00:06:16.474 you know,

NOTE Confidence: 0.9367869

00:06:16.474 --> 00:06:19.650 a clergy member that they can speak to,

NOTE Confidence: 0.9367869

00:06:19.650 --> 00:06:21.750 they like the idea that they can

NOTE Confidence: 0.9367869

00:06:21.750 --> 00:06:23.863 come to a chaplain and really

NOTE Confidence: 0.9367869

00:06:23.863 --> 00:06:26.516 speak so openly about some of the

NOTE Confidence: 0.9367869

00:06:26.589 --> 00:06:28.940 doubts and the fears that they

NOTE Confidence: 0.9367869

00:06:28.940 --> 00:06:31.240 have without feeling like they're

NOTE Confidence: 0.9367869

00:06:31.240 --> 00:06:33.980 going to be judged or taught,

NOTE Confidence: 0.9367869

00:06:33.980 --> 00:06:36.140 this is wrong.

NOTE Confidence: 0.9367869

00:06:36.140 --> 00:06:37.620 You should believe this.

NOTE Confidence: 0.9367869

00:06:37.620 --> 00:06:39.657 And I think for the most part,
NOTE Confidence: 0.9367869

00:06:39.660 --> 00:06:42.859 clergy in the community wouldn't do that.
NOTE Confidence: 0.9367869

00:06:42.860 --> 00:06:43.964 But it's still,
NOTE Confidence: 0.9367869

00:06:43.964 --> 00:06:46.540 the sense of safety
NOTE Confidence: 0.9367869

00:06:46.540 --> 00:06:47.820 that we bring as chaplains,
NOTE Confidence: 0.9367869

00:06:47.820 --> 00:06:49.340 interfaith chaplains.
NOTE Confidence: 0.92723584

00:06:50.290 --> 00:06:51.958 Yeah, that's such a
NOTE Confidence: 0.92723584

00:06:51.958 --> 00:06:53.415 good point and something that
NOTE Confidence: 0.92723584

00:06:53.415 --> 00:06:54.885 I hadn't really thought about.
NOTE Confidence: 0.92723584

00:06:54.890 --> 00:06:57.383 But you can imagine that if you grew up
NOTE Confidence: 0.92723584

00:06:57.383 --> 00:07:00.248 in a particular House of worship and you
NOTE Confidence: 0.92723584

00:07:00.250 --> 00:07:02.658 knew the clergy
NOTE Confidence: 0.92723584

00:07:02.658 --> 00:07:04.569 in that House of worship,
NOTE Confidence: 0.92723584

00:07:04.570 --> 00:07:07.168 and then you had, you know,
NOTE Confidence: 0.92723584

00:07:07.170 --> 00:07:09.886 things that were weighing on your soul,
NOTE Confidence: 0.92723584

00:07:09.890 --> 00:07:12.836 particularly at the end of life

NOTE Confidence: 0.92723584

00:07:12.836 --> 00:07:14.890 where you wanted to talk about it,

NOTE Confidence: 0.92723584

00:07:14.890 --> 00:07:18.373 or you wanted to confess it or you wanted

NOTE Confidence: 0.92723584

00:07:18.373 --> 00:07:20.755 to kind of get help working through it,

NOTE Confidence: 0.92723584

00:07:20.760 --> 00:07:25.200 it might be difficult to go to somebody

NOTE Confidence: 0.92723584

00:07:25.200 --> 00:07:27.516 who you've known all your life.

NOTE Confidence: 0.92723584

00:07:27.520 --> 00:07:29.634 I mean, it might be very easy,

NOTE Confidence: 0.92723584

00:07:29.640 --> 00:07:33.474 but it might be difficult as well,

NOTE Confidence: 0.92723584

00:07:33.480 --> 00:07:34.880 depending on what it is.

NOTE Confidence: 0.92723584

00:07:34.880 --> 00:07:38.944 If there was an element of shame

NOTE Confidence: 0.92723584

00:07:38.944 --> 00:07:41.016 or of anxiety associated with,

NOTE Confidence: 0.92723584

00:07:41.016 --> 00:07:43.480 it might not be something that you

NOTE Confidence: 0.92723584

00:07:43.548 --> 00:07:45.758 would really feel comfortable sharing

NOTE Confidence: 0.92723584

00:07:45.760 --> 00:07:47.518 with somebody that that knows you.

00:07:48.710 --> 00:07:50.174 Exactly, exactly.

NOTE Confidence: 0.93082637

00:07:50.174 --> 00:07:51.654 And then, you know,

NOTE Confidence: 0.93082637

00:07:51.654 --> 00:07:54.252 there are a lot of people to who their

NOTE Confidence: 0.93082637

00:07:54.252 --> 00:07:57.744 faith leaders are in transition.

NOTE Confidence: 0.93082637

00:07:57.750 --> 00:08:00.546 I think particularly now post pandemic,

NOTE Confidence: 0.93082637

00:08:00.550 --> 00:08:02.832 a lot of faith institutions

NOTE Confidence: 0.93082637

00:08:02.832 --> 00:08:04.870 are finding that they just don't

NOTE Confidence: 0.93082637

00:08:04.870 --> 00:08:06.862 have enough people there and so

NOTE Confidence: 0.93082637

00:08:06.862 --> 00:08:08.950 they're combining with other places.

NOTE Confidence: 0.93082637

00:08:08.950 --> 00:08:10.558 And so I've actually run into

NOTE Confidence: 0.93082637

00:08:10.558 --> 00:08:12.589 a lot of people over the years,

NOTE Confidence: 0.93082637

00:08:12.590 --> 00:08:13.730 even before the pandemic,

NOTE Confidence: 0.93082637

00:08:13.730 --> 00:08:15.414 who would say, oh, we had a

NOTE Confidence: 0.93082637

00:08:15.414 --> 00:08:17.142 pastor but now

NOTE Confidence: 0.93082637

00:08:17.142 --> 00:08:18.782 that person has

NOTE Confidence: 0.93082637

00:08:18.790 --> 00:08:20.134 transitioned or is retired,

NOTE Confidence: 0.93082637

00:08:20.134 --> 00:08:22.150 and we're looking for someone and

NOTE Confidence: 0.93082637

00:08:22.216 --> 00:08:24.088 so this is also just a safe

NOTE Confidence: 0.93082637

00:08:24.088 --> 00:08:26.039 place to land where they know
NOTE Confidence: 0.93082637

00:08:26.039 --> 00:08:27.463 they'll have that consistency
NOTE Confidence: 0.93082637

00:08:27.470 --> 00:08:29.006 throughout their cancer treatment.
NOTE Confidence: 0.93082637

00:08:29.006 --> 00:08:31.790 And as you mentioned too,
NOTE Confidence: 0.93082637

00:08:31.790 --> 00:08:34.646 we chaplains serve people of all different
NOTE Confidence: 0.93082637

00:08:34.646 --> 00:08:36.914 faiths but also atheists, agnostics,
NOTE Confidence: 0.93082637

00:08:36.914 --> 00:08:39.818 and people who are really searching.
NOTE Confidence: 0.93082637

00:08:39.820 --> 00:08:42.612 And I do find that there
NOTE Confidence: 0.93082637

00:08:42.612 --> 00:08:44.936 are a lot of people who
NOTE Confidence: 0.93082637

00:08:44.940 --> 00:08:47.444 may have had a faith
NOTE Confidence: 0.93082637

00:08:47.444 --> 00:08:49.460 tradition of their childhood,
NOTE Confidence: 0.93082637

00:08:49.460 --> 00:08:51.665 maybe sort of stopped going
00:08:53.980 --> 00:08:55.745 and now they find themselves
NOTE Confidence: 0.93082637

00:08:55.745 --> 00:08:58.234 kind of thinking I'd like to
NOTE Confidence: 0.93082637

00:08:58.234 --> 00:09:00.196 revisit that or perhaps
NOTE Confidence: 0.93082637

00:09:00.196 --> 00:09:01.899 think about a new religion.
NOTE Confidence: 0.93082637

00:09:01.900 --> 00:09:03.172 And so again,
NOTE Confidence: 0.93082637

00:09:03.172 --> 00:09:05.716 we're really a neutral place
NOTE Confidence: 0.93082637

00:09:05.716 --> 00:09:07.750 where people can explore all
NOTE Confidence: 0.93082637

00:09:07.750 --> 00:09:09.970 of that in a safe environment.
NOTE Confidence: 0.93769157

00:09:10.650 --> 00:09:14.151 And I can imagine that there
NOTE Confidence: 0.93769157

00:09:14.151 --> 00:09:17.696 are some common threads throughout all
NOTE Confidence: 0.93769157

00:09:17.696 --> 00:09:20.132 faith traditions and even amongst
NOTE Confidence: 0.93769157

00:09:20.132 --> 00:09:22.351 atheists and agnostics that may come
NOTE Confidence: 0.93769157

00:09:22.351 --> 00:09:24.528 up particularly at the end of life.
NOTE Confidence: 0.93769157

00:09:24.530 --> 00:09:27.330 And things that I'm thinking about
NOTE Confidence: 0.93769157

00:09:27.330 --> 00:09:31.258 are mending broken fences and
NOTE Confidence: 0.93769157

00:09:31.258 --> 00:09:33.940 relationships and seeking forgiveness and
NOTE Confidence: 0.93769157

00:09:33.940 --> 00:09:37.580 kind of thinking about the next journey
NOTE Confidence: 0.93769157

00:09:37.580 --> 00:09:41.020 whatever that is with a a clean slate.
NOTE Confidence: 0.93769157

00:09:41.020 --> 00:09:44.540 And so I would imagine that part of
NOTE Confidence: 0.93769157

00:09:44.540 --> 00:09:48.021 your role might be to help people

NOTE Confidence: 0.93769157

00:09:48.021 --> 00:09:51.092 who are struggling with how exactly

NOTE Confidence: 0.93769157

00:09:51.092 --> 00:09:53.457 do you do that right.

NOTE Confidence: 0.93769157

00:09:53.460 --> 00:09:56.620 I haven't spoken to so and so,

NOTE Confidence: 0.93769157

00:09:56.620 --> 00:10:00.058 my cousin, my whatever in decades

NOTE Confidence: 0.93769157

00:10:00.060 --> 00:10:02.140 now I'm looking at the end of life

NOTE Confidence: 0.93769157

00:10:02.140 --> 00:10:05.640 and I'm thinking,

NOTE Confidence: 0.93769157

00:10:05.640 --> 00:10:09.300 maybe what caused that rift in

NOTE Confidence: 0.93769157

00:10:09.300 --> 00:10:10.400 the grand scheme of things,

NOTE Confidence: 0.93769157

00:10:10.400 --> 00:10:13.793 when you look at it from a larger lens,

NOTE Confidence: 0.93769157

00:10:13.800 --> 00:10:16.184 might not be as big as it once

NOTE Confidence: 0.93769157

00:10:16.184 --> 00:10:17.280 was thought to be.

NOTE Confidence: 0.93769157

00:10:17.280 --> 00:10:19.356 And maybe people are starting

NOTE Confidence: 0.93769157

00:10:19.356 --> 00:10:21.720 to think about,

NOTE Confidence: 0.93769157

00:10:21.720 --> 00:10:24.728 I really want to wipe the

NOTE Confidence: 0.93769157

00:10:24.728 --> 00:10:26.958 slate clean and I want to connect,

NOTE Confidence: 0.93769157

00:10:26.960 --> 00:10:30.020 but I'm not really sure how to do that.

NOTE Confidence: 0.93769157

00:10:30.020 --> 00:10:32.860 And I'm not really sure how to broach

NOTE Confidence: 0.93769157

00:10:32.860 --> 00:10:36.220 those topics and ask for forgiveness

NOTE Confidence: 0.93769157

00:10:36.220 --> 00:10:40.580 and grant forgiveness as well.

NOTE Confidence: 0.93769157

00:10:40.580 --> 00:10:42.893 Can you talk a little bit about that and

NOTE Confidence: 0.93769157

00:10:42.900 --> 00:10:45.508 if that's a role that you play

NOTE Confidence: 0.93769157

00:10:45.508 --> 00:10:48.260 and how you approach that?

00:10:48.860 --> 00:10:51.900 This is a topic that

NOTE Confidence: 0.9223926

00:10:51.978 --> 00:10:54.778 I would really work closely with our

NOTE Confidence: 0.9223926

00:10:54.778 --> 00:10:57.792 social workers as well on in particular

NOTE Confidence: 0.9223926

00:10:57.792 --> 00:11:01.068 if there's estrangement or you know,

NOTE Confidence: 0.9223926

00:11:01.068 --> 00:11:02.340 complicated family dynamics,

NOTE Confidence: 0.9223926

00:11:02.340 --> 00:11:04.608 I always collaborate with our

NOTE Confidence: 0.9223926

00:11:04.608 --> 00:11:07.431 social worker on that and so sometimes

NOTE Confidence: 0.9223926

00:11:07.431 --> 00:11:09.424 they'll meet and we

NOTE Confidence: 0.9223926

00:11:09.424 --> 00:11:12.940 even meet together,

NOTE Confidence: 0.9223926

00:11:12.940 --> 00:11:15.310 but in terms of the forgiveness
NOTE Confidence: 0.9223926

00:11:15.310 --> 00:11:16.495 component of it,
NOTE Confidence: 0.9223926

00:11:16.500 --> 00:11:19.800 that is something that comes up quite a bit.
NOTE Confidence: 0.9223926

00:11:19.800 --> 00:11:24.524 And there's times where they
NOTE Confidence: 0.9223926

00:11:24.524 --> 00:11:28.796 may really want to say sorry to someone,
NOTE Confidence: 0.9223926

00:11:28.796 --> 00:11:32.780 but that person's just not ready to hear it,
NOTE Confidence: 0.9223926

00:11:32.780 --> 00:11:34.698 doesn't want to hear it based on
NOTE Confidence: 0.9223926

00:11:34.700 --> 00:11:36.016 what happened in the past.
NOTE Confidence: 0.9223926

00:11:36.020 --> 00:11:37.700 And you know, vice versa,
NOTE Confidence: 0.9223926

00:11:37.700 --> 00:11:41.604 there might be someone that really harmed
NOTE Confidence: 0.9223926

00:11:41.604 --> 00:11:47.540 the patient and they have never said sorry.
NOTE Confidence: 0.9223926

00:11:47.540 --> 00:11:49.664 And so how do we deal with that kind
NOTE Confidence: 0.9223926

00:11:49.664 --> 00:11:51.999 of resentment and pain and hurt?
NOTE Confidence: 0.9223926

00:11:51.999 --> 00:11:54.560 When I talk with folks,
NOTE Confidence: 0.9223926

00:11:54.560 --> 00:11:57.920 I've actually at times even helped
NOTE Confidence: 0.9223926

00:11:59.648 --> 00:12:02.697 people sit in a posture of meditation

NOTE Confidence: 0.9223926

00:12:02.697 --> 00:12:05.127 of reflection and prayer and even

NOTE Confidence: 0.9223926

00:12:05.127 --> 00:12:07.648 say the words with me,

NOTE Confidence: 0.9223926

00:12:07.648 --> 00:12:09.916 I forgive you or I'm sorry.

NOTE Confidence: 0.9223926

00:12:09.916 --> 00:12:12.800 And then we meditate on it.

NOTE Confidence: 0.9223926

00:12:12.800 --> 00:12:14.300 We pray about it according to

NOTE Confidence: 0.9223926

00:12:14.300 --> 00:12:16.680 their tradition, of course,

NOTE Confidence: 0.9223926

00:12:16.680 --> 00:12:19.767 and unpack the fact that sometimes

NOTE Confidence: 0.9223926

00:12:19.767 --> 00:12:22.320 we don't get the mutuality

NOTE Confidence: 0.9223926

00:12:22.320 --> 00:12:23.640 of that discussion.

NOTE Confidence: 0.9223926

00:12:23.640 --> 00:12:25.816 We don't get to say I'm sorry to

NOTE Confidence: 0.9223926

00:12:25.816 --> 00:12:27.595 someone and then hear someone say

NOTE Confidence: 0.9223926

00:12:27.595 --> 00:12:29.686 I forgive you or we don't get

NOTE Confidence: 0.9223926

00:12:29.686 --> 00:12:31.639 to hear someone say I'm sorry,

NOTE Confidence: 0.9223926

00:12:31.640 --> 00:12:33.520 and then we don't get to actually say,

NOTE Confidence: 0.9223926

00:12:33.520 --> 00:12:34.756 I forgive you back.

NOTE Confidence: 0.9223926

00:12:34.760 --> 00:12:36.356 Sometimes we have to do it,
NOTE Confidence: 0.9223926

00:12:36.360 --> 00:12:39.666 on our own with
NOTE Confidence: 0.9223926

00:12:39.666 --> 00:12:42.620 someone like a chaplain or trusted
NOTE Confidence: 0.9223926

00:12:42.711 --> 00:12:47.025 spiritual advisor and that can be a
NOTE Confidence: 0.9223926

00:12:47.025 --> 00:12:49.915 process of letting go and
NOTE Confidence: 0.9223926

00:12:49.915 --> 00:12:51.640 it's actually quite healing
NOTE Confidence: 0.9223926

00:12:51.703 --> 00:12:53.911 to do that even on your own
NOTE Confidence: 0.9223926

00:12:53.911 --> 00:12:56.092 when you're not able to do that
NOTE Confidence: 0.9223926

00:12:56.092 --> 00:12:57.344 directly with the person.
00:12:58.390 --> 00:13:00.406 You know, you bring up such a
NOTE Confidence: 0.9302246

00:13:00.406 --> 00:13:02.030 good point about meditation.
NOTE Confidence: 0.9302246

00:13:02.030 --> 00:13:04.346 And I know on this podcast
NOTE Confidence: 0.9302246

00:13:04.346 --> 00:13:06.510 and on others,
NOTE Confidence: 0.9302246

00:13:06.510 --> 00:13:09.066 we've talked a little bit about
NOTE Confidence: 0.9302246

00:13:09.070 --> 00:13:12.556 meditation as being kind of one of
NOTE Confidence: 0.9302246

00:13:12.556 --> 00:13:16.414 the key practices that can kind
NOTE Confidence: 0.9302246

00:13:16.414 --> 00:13:19.862 of lead to not only a space
NOTE Confidence: 0.9302246

00:13:19.862 --> 00:13:22.414 of calm but also happiness.
NOTE Confidence: 0.9302246

00:13:22.414 --> 00:13:25.096 And there's now been some evidence
NOTE Confidence: 0.9302246

00:13:25.096 --> 00:13:27.279 about how it actually can
NOTE Confidence: 0.9302246

00:13:27.280 --> 00:13:29.400 reduce your cortisol
NOTE Confidence: 0.9302246

00:13:29.400 --> 00:13:31.520 levels and reduce stress.
NOTE Confidence: 0.9302246

00:13:31.520 --> 00:13:35.600 And so is that something
NOTE Confidence: 0.9302246

00:13:35.600 --> 00:13:38.360 that you help people through?
NOTE Confidence: 0.9296929

00:13:39.580 --> 00:13:42.298 I've led meditations,
NOTE Confidence: 0.9296929

00:13:42.300 --> 00:13:46.740 guided meditations with people, with groups.
NOTE Confidence: 0.9296929

00:13:46.740 --> 00:13:50.940 I also often recommend meditation apps.
NOTE Confidence: 0.9296929

00:13:50.940 --> 00:13:53.532 There's some really good ones out there you
NOTE Confidence: 0.9296929

00:13:53.532 --> 00:13:56.778 can search for that, they do the guiding for you.
NOTE Confidence: 0.9296929

00:13:56.780 --> 00:13:58.360 And what's really wonderful
NOTE Confidence: 0.9296929

00:13:58.360 --> 00:14:00.258 about those is that,
NOTE Confidence: 0.9296929

00:14:00.258 --> 00:14:01.212 I actually just had a patient

NOTE Confidence: 0.9296929

00:14:01.212 --> 00:14:02.532 who was saying I really want to

NOTE Confidence: 0.9296929

00:14:02.532 --> 00:14:03.497 explore lots of different faiths.

NOTE Confidence: 0.9296929

00:14:03.500 --> 00:14:04.360 And I love meditation.

NOTE Confidence: 0.9296929

00:14:04.360 --> 00:14:07.348 I said, go on one of these apps because

NOTE Confidence: 0.9296929

00:14:07.348 --> 00:14:09.219 you'll find practitioners of all different,

NOTE Confidence: 0.9296929

00:14:09.220 --> 00:14:10.620 faiths and backgrounds.

NOTE Confidence: 0.9296929

00:14:10.620 --> 00:14:13.542 And so I think that's just a wonderful

NOTE Confidence: 0.9296929

00:14:13.542 --> 00:14:15.834 way to expose ourselves to different

NOTE Confidence: 0.9296929

00:14:15.834 --> 00:14:17.340 approaches and to get a taste.

NOTE Confidence: 0.93298846

00:14:17.860 --> 00:14:20.114 Fabulous. Well, we are going to take

NOTE Confidence: 0.93298846

00:14:20.114 --> 00:14:22.499 a short break for a medical minute.

NOTE Confidence: 0.93298846

00:14:22.500 --> 00:14:24.360 Please stay tuned to learn more

NOTE Confidence: 0.93298846

00:14:24.360 --> 00:14:25.999 about palliative care and chaplaincy

NOTE Confidence: 0.93298846

00:14:25.999 --> 00:14:27.860 with my guest, Jean Jeuland.

NOTE Confidence: 0.93298846

00:14:28.340 --> 00:14:30.365 Funding for Yale Cancer Answers

NOTE Confidence: 0.93298846

00:14:30.365 --> 00:14:32.390 comes from Smilow Cancer Hospital,
NOTE Confidence: 0.93298846

00:14:32.390 --> 00:14:34.610 where 16 locations across the
NOTE Confidence: 0.93298846

00:14:34.610 --> 00:14:36.386 region provide patients with
NOTE Confidence: 0.93298846

00:14:36.386 --> 00:14:37.486 individualized, innovative,
NOTE Confidence: 0.93298846

00:14:37.486 --> 00:14:40.110 convenient, and comprehensive care.
NOTE Confidence: 0.93298846

00:14:40.110 --> 00:14:43.362 Find a Smilow location near you
NOTE Confidence: 0.93298846

00:14:43.362 --> 00:14:46.230 at smilocancerhospital.org.
NOTE Confidence: 0.93298846

00:14:46.230 --> 00:14:49.085 Over 230 thousand Americans will be
NOTE Confidence: 0.93298846

00:14:49.085 --> 00:14:51.350 diagnosed with lung cancer this year,
NOTE Confidence: 0.93298846

00:14:51.350 --> 00:14:52.975 and in Connecticut alone there
NOTE Confidence: 0.93298846

00:14:52.975 --> 00:14:55.510 will be over 2700 new cases.
NOTE Confidence: 0.93298846

00:14:55.510 --> 00:14:58.270 More than 85% of lung cancer
NOTE Confidence: 0.93298846

00:14:58.270 --> 00:15:00.420 diagnosis are related to smoking,
NOTE Confidence: 0.93298846

00:15:00.420 --> 00:15:02.820 and quitting even after decades of
NOTE Confidence: 0.93298846

00:15:02.820 --> 00:15:04.871 use can significantly reduce your
NOTE Confidence: 0.93298846

00:15:04.871 --> 00:15:06.776 risk of developing lung cancer.

NOTE Confidence: 0.93298846

00:15:06.780 --> 00:15:09.153 Each day patients with lung cancer are

NOTE Confidence: 0.93298846

00:15:09.153 --> 00:15:11.545 surviving thanks to increased access to

NOTE Confidence: 0.93298846

00:15:11.545 --> 00:15:13.735 advanced therapies and specialized care.

NOTE Confidence: 0.93298846

00:15:13.740 --> 00:15:15.550 New treatment options and surgical

NOTE Confidence: 0.93298846

00:15:15.550 --> 00:15:17.722 techniques are giving lung cancer survivors

NOTE Confidence: 0.93298846

00:15:17.722 --> 00:15:20.138 more hope than they have ever had before.

NOTE Confidence: 0.93298846

00:15:20.140 --> 00:15:22.670 Clinical trials are currently underway

NOTE Confidence: 0.93298846

00:15:22.670 --> 00:15:24.694 at federally designated comprehensive

NOTE Confidence: 0.93298846

00:15:24.694 --> 00:15:26.825 Cancer centers such as the BATTLE

NOTE Confidence: 0.93298846

00:15:26.825 --> 00:15:29.067 2 trial at Yale Cancer Center and

NOTE Confidence: 0.93298846

00:15:29.067 --> 00:15:31.244 Smilow Cancer Hospital to learn if a

NOTE Confidence: 0.93298846

00:15:31.244 --> 00:15:33.645 drug or combination of drugs based

NOTE Confidence: 0.93298846

00:15:33.645 --> 00:15:36.172 on personal biomarkers can help to

NOTE Confidence: 0.93298846

00:15:36.172 --> 00:15:38.398 control non small cell lung cancer.

NOTE Confidence: 0.93298846

00:15:38.400 --> 00:15:40.768 More information is available

NOTE Confidence: 0.93298846

00:15:40.768 --> 00:15:41.777 at yalecancercenter.org.
NOTE Confidence: 0.93298846

00:15:41.777 --> 00:15:44.279 You're listening to Connecticut Public Radio.
NOTE Confidence: 0.93645

00:15:45.360 --> 00:15:47.520 Welcome back to Yale Cancer Answers.
NOTE Confidence: 0.93645

00:15:47.520 --> 00:15:50.026 This is Dr. Anees Chagpar and I'm
NOTE Confidence: 0.93645

00:15:50.026 --> 00:15:52.679 joined today by my guest Jane Jeuland.
NOTE Confidence: 0.93645

00:15:52.680 --> 00:15:54.280 We're talking about palliative
NOTE Confidence: 0.93645

00:15:54.280 --> 00:15:55.480 care and chaplaincy.
NOTE Confidence: 0.93645

00:15:55.480 --> 00:15:57.965 And before the break we talked about
NOTE Confidence: 0.93645

00:15:57.965 --> 00:16:00.724 some of the big questions that people
NOTE Confidence: 0.93645

00:16:00.724 --> 00:16:03.280 may have for a chaplain at the end of life.
NOTE Confidence: 0.93645

00:16:03.280 --> 00:16:06.199 But I think one of the questions
NOTE Confidence: 0.93645

00:16:06.199 --> 00:16:07.760 that frequently comes up,
NOTE Confidence: 0.93645

00:16:07.760 --> 00:16:10.775 maybe not even so much at the end of
NOTE Confidence: 0.93645

00:16:10.775 --> 00:16:13.400 life but throughout the journey is
NOTE Confidence: 0.9295606

00:16:14.080 --> 00:16:15.520 why is this happening
NOTE Confidence: 0.9295606

00:16:15.520 --> 00:16:18.117 to me? How do you approach that?

NOTE Confidence: 0.9295606

00:16:18.680 --> 00:16:19.690 Yeah, absolutely.

NOTE Confidence: 0.9295606

00:16:19.690 --> 00:16:23.514 I get that question so, so often.

NOTE Confidence: 0.9295606

00:16:23.514 --> 00:16:27.255 And when we kind of drill down for some

NOTE Confidence: 0.9295606

00:16:27.255 --> 00:16:30.643 people they really do feel in a sense

NOTE Confidence: 0.9295606

00:16:30.643 --> 00:16:33.081 that God could be punishing them that

NOTE Confidence: 0.9295606

00:16:33.081 --> 00:16:35.398 this could be because they did something

NOTE Confidence: 0.9295606

00:16:35.398 --> 00:16:37.907 wrong in the past and that God is now,

NOTE Confidence: 0.9295606

00:16:37.910 --> 00:16:40.334 you know, punishing them, the divine

NOTE Confidence: 0.9295606

00:16:40.334 --> 00:16:42.910 is punishing them with this illness.

NOTE Confidence: 0.9295606

00:16:42.910 --> 00:16:46.120 And I really take time to kind

NOTE Confidence: 0.9295606

00:16:46.200 --> 00:16:49.270 of unpack who do you think God is?

NOTE Confidence: 0.9295606

00:16:49.270 --> 00:16:52.468 What is the divine to you?

NOTE Confidence: 0.9295606

00:16:52.470 --> 00:16:55.340 And people will often articulate,

NOTE Confidence: 0.9295606

00:16:55.340 --> 00:16:58.013 oh, a loving God or a God of peace,

NOTE Confidence: 0.9295606

00:16:58.020 --> 00:17:01.017 a God of truth and someone I can trust,

00:17:01.516 --> 00:17:03.252 And so when we kind of look

NOTE Confidence: 0.9295606

00:17:03.252 --> 00:17:05.003 at that and look at, well,

NOTE Confidence: 0.9295606

00:17:05.003 --> 00:17:06.918 would that same loving

NOTE Confidence: 0.9295606

00:17:06.918 --> 00:17:09.299 God who loves you so deeply,

NOTE Confidence: 0.9295606

00:17:09.300 --> 00:17:12.036 want to give you this punishment

NOTE Confidence: 0.9295606

00:17:12.036 --> 00:17:15.348 of an illness, what did you do?

NOTE Confidence: 0.9295606

00:17:15.348 --> 00:17:17.950 And so sometimes we talk about you

NOTE Confidence: 0.9295606

00:17:17.950 --> 00:17:20.540 know what are the things that maybe

NOTE Confidence: 0.9295606

00:17:20.540 --> 00:17:22.640 is weighing on their minds,

NOTE Confidence: 0.9295606

00:17:22.640 --> 00:17:24.817 some moments of regret in their life.

NOTE Confidence: 0.9295606

00:17:24.820 --> 00:17:27.011 And you know we talked before the

NOTE Confidence: 0.9295606

00:17:27.011 --> 00:17:29.028 break too about sort of forgiving

NOTE Confidence: 0.9295606

00:17:29.028 --> 00:17:30.718 family members or people

NOTE Confidence: 0.9295606

00:17:30.718 --> 00:17:32.738 who are estranged from them.

NOTE Confidence: 0.9295606

00:17:32.740 --> 00:17:35.057 There's also a lot of work to

NOTE Confidence: 0.9295606

00:17:35.057 --> 00:17:37.974 be done on self-forgiveness

NOTE Confidence: 0.9295606

00:17:37.974 --> 00:17:41.538 and really learning to let go.
00:17:42.392 --> 00:17:45.374 And there's many traditions that say,
NOTE Confidence: 0.9295606
00:17:45.380 --> 00:17:46.658 of course we want to live,
NOTE Confidence: 0.9295606
00:17:46.660 --> 00:17:48.856 you know, an upright moral life.
NOTE Confidence: 0.9295606
00:17:48.860 --> 00:17:52.100 But actually not accepting
NOTE Confidence: 0.9295606
00:17:52.100 --> 00:17:55.306 God's forgiveness is
NOTE Confidence: 0.9295606
00:17:55.306 --> 00:17:56.518 for some Christian traditions
NOTE Confidence: 0.9295606
00:17:56.518 --> 00:17:58.340 a sin in itself.
NOTE Confidence: 0.9295606
00:17:58.340 --> 00:18:01.697 And so kind of working at how do I
NOTE Confidence: 0.9295606
00:18:01.700 --> 00:18:04.538 accept this love from the divine?
NOTE Confidence: 0.9295606
00:18:04.540 --> 00:18:09.580 How do I come to know this forgiveness of
NOTE Confidence: 0.9295606
00:18:09.580 --> 00:18:13.529 God when I myself can't even forgive myself?
NOTE Confidence: 0.9295606
00:18:13.530 --> 00:18:15.050 And so we really do
NOTE Confidence: 0.9295606
00:18:15.050 --> 00:18:16.730 try to really help
NOTE Confidence: 0.9295606
00:18:16.730 --> 00:18:17.970 unpack that with patients.
NOTE Confidence: 0.9295606
00:18:17.970 --> 00:18:20.482 And it's not done in an hour.
NOTE Confidence: 0.9295606

00:18:20.482 --> 00:18:23.250 As I said, we meet over, you know,
NOTE Confidence: 0.9295606

00:18:23.250 --> 00:18:24.922 months and sometimes years.
NOTE Confidence: 0.9295606

00:18:24.922 --> 00:18:28.289 So that's one big piece.
NOTE Confidence: 0.9295606

00:18:28.290 --> 00:18:30.010 I think another piece is, as I said,
00:18:31.610 --> 00:18:34.690 people will say, why did God do this to me?
NOTE Confidence: 0.9295606

00:18:34.690 --> 00:18:36.410 And as we drill down,
NOTE Confidence: 0.9295606

00:18:36.410 --> 00:18:38.210 for some people,
NOTE Confidence: 0.9295606

00:18:38.210 --> 00:18:40.634 they really do feel that sense of punishment.
NOTE Confidence: 0.9295606

00:18:40.640 --> 00:18:41.676 For others, they say, you know what,
NOTE Confidence: 0.9295606

00:18:41.680 --> 00:18:42.720 actually don't think that it's
NOTE Confidence: 0.9295606

00:18:42.720 --> 00:18:43.760 God did this to me.
NOTE Confidence: 0.9295606

00:18:43.760 --> 00:18:46.040 I don't think God is the
NOTE Confidence: 0.9295606

00:18:46.040 --> 00:18:47.560 author of this illness.
NOTE Confidence: 0.9295606

00:18:47.560 --> 00:18:49.355 My question is actually
NOTE Confidence: 0.9295606

00:18:49.355 --> 00:18:51.600 when I think about it more,
NOTE Confidence: 0.9295606

00:18:51.600 --> 00:18:54.239 why would God allow this to happen?
NOTE Confidence: 0.9295606

00:18:54.240 --> 00:18:57.600 I believe God's loving,
NOTE Confidence: 0.9295606

00:18:57.600 --> 00:19:00.756 the divine is forgiving,
NOTE Confidence: 0.9295606

00:19:00.760 --> 00:19:03.080 full of peace and power.
NOTE Confidence: 0.9295606

00:19:03.080 --> 00:19:04.138 So why,
NOTE Confidence: 0.9295606

00:19:04.138 --> 00:19:06.783 why would God not stop
NOTE Confidence: 0.9295606

00:19:06.783 --> 00:19:09.120 this from happening to me?
NOTE Confidence: 0.93302786

00:19:11.190 --> 00:19:14.270 And that is a much deeper question.
NOTE Confidence: 0.93302786

00:19:14.270 --> 00:19:16.950 I think that really gets to the heart of it.
NOTE Confidence: 0.93302786

00:19:16.950 --> 00:19:19.110 It gets to those big existential
NOTE Confidence: 0.93302786

00:19:19.110 --> 00:19:21.149 questions that I think we have,
NOTE Confidence: 0.93302786

00:19:21.150 --> 00:19:22.574 as you said, not only when we're facing
NOTE Confidence: 0.93302786

00:19:22.574 --> 00:19:24.220 the end of our life, but anytime,
NOTE Confidence: 0.93302786

00:19:24.220 --> 00:19:26.5900 we see war,
NOTE Confidence: 0.93302786

00:19:26.590 --> 00:19:29.670 tragedy, the devastation.
NOTE Confidence: 0.93302786

00:19:29.670 --> 00:19:32.309 And that's been caused by climate change.
NOTE Confidence: 0.93302786

00:19:32.310 --> 00:19:36.330 Now, with hurricanes and tornadoes.

NOTE Confidence: 0.93302786

00:19:36.330 --> 00:19:38.498 people do wonder, you know,

NOTE Confidence: 0.93302786

00:19:38.498 --> 00:19:40.486 if God, if you've made this world,

NOTE Confidence: 0.93302786

00:19:40.490 --> 00:19:43.370 if you made me, why,

NOTE Confidence: 0.93302786

00:19:43.370 --> 00:19:46.009 why can't you stop all of this?

NOTE Confidence: 0.93302786

00:19:46.010 --> 00:19:49.706 And so as much as I would like

NOTE Confidence: 0.93302786

00:19:49.706 --> 00:19:52.774 to have an answer, you know,

NOTE Confidence: 0.93302786

00:19:52.774 --> 00:19:54.382 these are conversations that

NOTE Confidence: 0.93302786

00:19:54.382 --> 00:19:56.810 really we don't have answers to.

NOTE Confidence: 0.93302786

00:19:56.810 --> 00:19:59.106 And we almost need to just sit

NOTE Confidence: 0.93302786

00:19:59.106 --> 00:20:01.850 in the sorrow of it,

NOTE Confidence: 0.93302786

00:20:01.850 --> 00:20:04.489 in the mystery of it, with each other.

NOTE Confidence: 0.92675525

00:20:05.640 --> 00:20:09.888 And part of it I think

NOTE Confidence: 0.92675525

00:20:09.888 --> 00:20:13.758 is God made man with free will

NOTE Confidence: 0.92675525

00:20:13.760 --> 00:20:16.120 according to many faith traditions.

NOTE Confidence: 0.92675525

00:20:16.120 --> 00:20:20.160 And so I think part of it might be,

NOTE Confidence: 0.92675525

00:20:20.160 --> 00:20:22.316 as you kind of alluded to earlier,
NOTE Confidence: 0.92675525

00:20:22.320 --> 00:20:26.360 this self blame, right. What did I do?
NOTE Confidence: 0.92675525

00:20:26.360 --> 00:20:28.598 And whether that is, you know,
NOTE Confidence: 0.92675525

00:20:28.600 --> 00:20:30.880 what did I do to deserve this,
NOTE Confidence: 0.92675525

00:20:30.880 --> 00:20:35.119 that God did it to me or what is it that I
NOTE Confidence: 0.92675525

00:20:35.119 --> 00:20:38.546 did to myself that promoted this, right.
NOTE Confidence: 0.92675525

00:20:38.546 --> 00:20:42.586 Like, I smoked 26 packs
NOTE Confidence: 0.92675525

00:20:42.586 --> 00:20:45.890 of cigarettes a day for 50 years.
NOTE Confidence: 0.92675525

00:20:45.890 --> 00:20:47.675 And now look at me and what
NOTE Confidence: 0.92675525

00:20:47.675 --> 00:20:49.489 have I done to my children?
NOTE Confidence: 0.92675525

00:20:49.490 --> 00:20:56.050 And you know that sense of blame.
NOTE Confidence: 0.92675525

00:20:56.050 --> 00:20:59.805 And I think your point was
NOTE Confidence: 0.92675525

00:20:59.805 --> 00:21:02.175 very well taken about the need
NOTE Confidence: 0.92675525

00:21:02.175 --> 00:21:04.790 to forgive and forgive yourself,
NOTE Confidence: 0.92675525

00:21:04.790 --> 00:21:08.633 not only to forgive others and to
NOTE Confidence: 0.92675525

00:21:08.633 --> 00:21:11.410 accept the divine forgiveness as well.

00:21:12.282 --> 00:21:15.334 The other question that I
NOTE Confidence: 0.92675525

00:21:15.334 --> 00:21:18.877 often come up against is that
NOTE Confidence: 0.92675525

00:21:18.877 --> 00:21:21.494 people approach a cancer diagnosis
NOTE Confidence: 0.92675525

00:21:21.494 --> 00:21:24.730 from 2 separate kind of avenues.
NOTE Confidence: 0.92675525

00:21:24.730 --> 00:21:29.490 Some people say this is God's will,
NOTE Confidence: 0.92675525

00:21:29.490 --> 00:21:30.578 and therefore,
NOTE Confidence: 0.92675525

00:21:30.578 --> 00:21:34.930 you know I will walk in the path
NOTE Confidence: 0.92675525

00:21:35.051 --> 00:21:38.404 that God has laid out for me.
NOTE Confidence: 0.92675525

00:21:38.410 --> 00:21:40.690 And if this is my fate,
NOTE Confidence: 0.92675525

00:21:40.690 --> 00:21:45.430 then so be it and in so doing they
NOTE Confidence: 0.92675525

00:21:45.430 --> 00:21:48.807 may say I am not going to seek any
NOTE Confidence: 0.92675525

00:21:48.807 --> 00:21:51.489 treatment because this is God's will.
NOTE Confidence: 0.92675525

00:21:51.490 --> 00:21:52.132 Others, however,
NOTE Confidence: 0.92675525

00:21:52.132 --> 00:21:54.700 I find come at it from a different
NOTE Confidence: 0.92675525

00:21:54.768 --> 00:21:55.650 vantage point.
NOTE Confidence: 0.92675525

00:21:55.650 --> 00:21:57.480 They say yes,

NOTE Confidence: 0.92675525

00:21:57.480 --> 00:22:02.404 but God brought me to you and through

NOTE Confidence: 0.92675525

00:22:02.404 --> 00:22:06.828 you I will be God's instrument to

NOTE Confidence: 0.92675525

00:22:06.828 --> 00:22:10.337 help get rid of this cancer for me.

NOTE Confidence: 0.92675525

00:22:10.340 --> 00:22:13.945 How do you kind of square those

NOTE Confidence: 0.92675525

00:22:13.945 --> 00:22:15.846 two very opposing beliefs,

NOTE Confidence: 0.92675525

00:22:15.846 --> 00:22:18.618 both of which invoke the divine?

NOTE Confidence: 0.92675525

00:22:18.620 --> 00:22:22.244 And how do you help people to kind

NOTE Confidence: 0.92675525

00:22:22.244 --> 00:22:26.570 of come to decisions about treatment

NOTE Confidence: 0.92675525

00:22:26.570 --> 00:22:30.440 and accepting treatment when they

NOTE Confidence: 0.92675525

00:22:30.559 --> 00:22:33.054 start using philosophies

NOTE Confidence: 0.92675525

00:22:33.054 --> 00:22:35.502 that invoke the divine in their

NOTE Confidence: 0.92675525

00:22:35.502 --> 00:22:37.184 thinking about whether they're

NOTE Confidence: 0.92675525

00:22:37.184 --> 00:22:39.510 going to accept treatment or not?

00:22:41.433 --> 00:22:44.240 So there are a couple of things

NOTE Confidence: 0.91995007

00:22:44.325 --> 00:22:46.534 that come up for me and this

NOTE Confidence: 0.91995007

00:22:46.534 --> 00:22:48.870 question and

NOTE Confidence: 0.91995007

00:22:48.870 --> 00:22:50.802 the first part of what you're saying

NOTE Confidence: 0.91995007

00:22:50.802 --> 00:22:52.309 that some people will kind of

NOTE Confidence: 0.91995007

00:22:54.390 --> 00:22:57.113 think that this is God's will

NOTE Confidence: 0.91995007

00:22:57.113 --> 00:23:00.102 and that I'm

NOTE Confidence: 0.91995007

00:23:00.102 --> 00:23:04.360 not going to pursue treatment.

NOTE Confidence: 0.91995007

00:23:04.360 --> 00:23:07.288 So when sometimes there are

NOTE Confidence: 0.91995007

00:23:07.288 --> 00:23:09.585 times whether or not

NOTE Confidence: 0.91995007

00:23:09.585 --> 00:23:10.960 people decide to pursue treatment,

NOTE Confidence: 0.91995007

00:23:10.960 --> 00:23:12.900 they'll say my suffering

NOTE Confidence: 0.91995007

00:23:12.900 --> 00:23:14.840 is part of God's will.

NOTE Confidence: 0.91995007

00:23:14.840 --> 00:23:19.280 And that what I then kind of look for is,

NOTE Confidence: 0.91995007

00:23:19.280 --> 00:23:22.718 this belief or philosophy

NOTE Confidence: 0.91995007

00:23:22.718 --> 00:23:26.518 giving for this person and

NOTE Confidence: 0.91995007

00:23:26.518 --> 00:23:28.403 life giving doesn't always mean,

NOTE Confidence: 0.91995007

00:23:28.410 --> 00:23:29.338 you know, long life.

NOTE Confidence: 0.91995007

00:23:29.338 --> 00:23:31.125 It means something
NOTE Confidence: 0.91995007

00:23:31.125 --> 00:23:32.845 that fulfills this person,
NOTE Confidence: 0.91995007

00:23:32.850 --> 00:23:35.040 is this something that really enriches
NOTE Confidence: 0.91995007

00:23:35.040 --> 00:23:37.450 them and something that they hold dear.
NOTE Confidence: 0.91995007

00:23:37.450 --> 00:23:40.618 And I'll give an example of a person
NOTE Confidence: 0.91995007

00:23:40.618 --> 00:23:43.528 who actually had a belief in
NOTE Confidence: 0.91995007

00:23:43.530 --> 00:23:46.488 holistic and natural approaches, felt very,
NOTE Confidence: 0.91995007

00:23:46.490 --> 00:23:50.640 very strongly against any kind of chemicals,
NOTE Confidence: 0.91995007

00:23:50.640 --> 00:23:52.504 lived her whole life,
NOTE Confidence: 0.91995007

00:23:52.504 --> 00:23:54.094 adult life, you know,
NOTE Confidence: 0.91995007

00:23:54.094 --> 00:23:55.729 really focusing on chemicals and
NOTE Confidence: 0.91995007

00:23:55.729 --> 00:23:57.918 staying away from them and all of this.
NOTE Confidence: 0.91995007

00:23:57.920 --> 00:23:59.580 And she really was trying
NOTE Confidence: 0.91995007

00:23:59.580 --> 00:24:01.240 to articulate to the team,
NOTE Confidence: 0.91995007

00:24:01.240 --> 00:24:02.760 this is meaningful to me,
NOTE Confidence: 0.91995007

00:24:02.760 --> 00:24:05.556 to die of this cancer without

NOTE Confidence: 0.91995007

00:24:05.556 --> 00:24:06.954 getting the chemo.

NOTE Confidence: 0.91995007

00:24:06.960 --> 00:24:08.478 If you put this in me,

NOTE Confidence: 0.91995007

00:24:08.480 --> 00:24:11.434 it will violate everything I've lived for.

NOTE Confidence: 0.91995007

00:24:11.440 --> 00:24:14.080 And I had to kind of explain to the team

NOTE Confidence: 0.91995007

00:24:14.150 --> 00:24:16.356 this is something she holds so dear.

NOTE Confidence: 0.91995007

00:24:16.360 --> 00:24:18.810 I think it actually could be ethically

NOTE Confidence: 0.91995007

00:24:18.810 --> 00:24:20.712 and morally damaging to do this,

NOTE Confidence: 0.91995007

00:24:20.712 --> 00:24:22.056 even though we all know that

NOTE Confidence: 0.91995007

00:24:22.056 --> 00:24:23.120 it could help her.

NOTE Confidence: 0.91995007

00:24:23.120 --> 00:24:25.480 That's a very rare case.

NOTE Confidence: 0.91995007

00:24:25.480 --> 00:24:26.851 But you know,

NOTE Confidence: 0.91995007

00:24:26.851 --> 00:24:29.593 there are other times where people,

NOTE Confidence: 0.91995007

00:24:29.600 --> 00:24:32.120 and this has come up actually quite often,

NOTE Confidence: 0.91995007

00:24:32.120 --> 00:24:35.572 where patients will say, you know,

NOTE Confidence: 0.91995007

00:24:35.572 --> 00:24:38.274 this has happened to me and I

NOTE Confidence: 0.91995007

00:24:38.274 --> 00:24:40.715 believe God is going to heal me.

NOTE Confidence: 0.91995007

00:24:40.720 --> 00:24:43.828 So therefore I do not need to

NOTE Confidence: 0.91995007

00:24:43.828 --> 00:24:45.160 take any treatment.

NOTE Confidence: 0.91995007

00:24:45.160 --> 00:24:48.324 And what can be really hard about

NOTE Confidence: 0.91995007

00:24:48.324 --> 00:24:51.560 that is they watch as their

00:24:52.728 --> 00:24:55.236 cancer grows and it's very,

NOTE Confidence: 0.91995007

00:24:55.236 --> 00:24:57.504 very difficult than to square

NOTE Confidence: 0.91995007

00:24:57.504 --> 00:24:59.839 sort of well then who is God?

NOTE Confidence: 0.91995007

00:24:59.840 --> 00:25:02.675 And I thought God was supposed to

NOTE Confidence: 0.91995007

00:25:02.675 --> 00:25:05.068 save me and all of this.

NOTE Confidence: 0.91995007

00:25:05.070 --> 00:25:07.800 I have a wonderful patient that I've

NOTE Confidence: 0.91995007

00:25:07.800 --> 00:25:11.000 worked with for years and years and she

NOTE Confidence: 0.91995007

00:25:11.000 --> 00:25:13.629 actually wrote her story as well.

NOTE Confidence: 0.91995007

00:25:13.630 --> 00:25:16.030 And we were in a group,

NOTE Confidence: 0.91995007

00:25:16.030 --> 00:25:19.750 a group setting of evangelical patients.

00:25:21.910 --> 00:25:23.510 Some of the patients that have come into

NOTE Confidence: 0.91995007

00:25:23.550 --> 00:25:25.270 the group have said those very things,

NOTE Confidence: 0.91995007

00:25:25.270 --> 00:25:27.592 let's just let

NOTE Confidence: 0.91995007

00:25:27.592 --> 00:25:30.278 God heal us and not do this

NOTE Confidence: 0.91995007

00:25:30.278 --> 00:25:32.070 chemo because it's sort of like

NOTE Confidence: 0.91995007

00:25:32.070 --> 00:25:33.510 taking agency away from God.

NOTE Confidence: 0.91995007

00:25:33.510 --> 00:25:35.590 If I do the chemo than I'm not

NOTE Confidence: 0.91995007

00:25:35.590 --> 00:25:37.109 letting God do the miracle.

NOTE Confidence: 0.91995007

00:25:37.110 --> 00:25:38.475 And this woman,

NOTE Confidence: 0.91995007

00:25:38.475 --> 00:25:41.062 this brilliant woman just said exactly

NOTE Confidence: 0.91995007

00:25:41.062 --> 00:25:43.558 kind of what you were saying, God

NOTE Confidence: 0.91995007

00:25:43.558 --> 00:25:47.010 works through people to bring us healing.

NOTE Confidence: 0.91995007

00:25:47.010 --> 00:25:50.681 God gave us this oncologist and this

NOTE Confidence: 0.91995007

00:25:50.681 --> 00:25:54.160 medicine to help us in our healing.

NOTE Confidence: 0.91995007

00:25:54.160 --> 00:25:56.561 We are beings who have been put

NOTE Confidence: 0.91995007

00:25:56.561 --> 00:25:58.923 in this earth to be in community

NOTE Confidence: 0.91995007

00:25:58.923 --> 00:26:01.691 and this is one of the ways that

NOTE Confidence: 0.91995007

00:26:01.691 --> 00:26:03.319 community can help us.
NOTE Confidence: 0.91995007

00:26:03.320 --> 00:26:04.755 And I implore you to take this,
NOTE Confidence: 0.91995007

00:26:04.760 --> 00:26:05.669 this chemo treatment.
NOTE Confidence: 0.91995007

00:26:05.669 --> 00:26:07.790 And the people have taken it and
NOTE Confidence: 0.93468994

00:26:07.846 --> 00:26:10.060 felt so thankful, so grateful that
NOTE Confidence: 0.93468994

00:26:10.060 --> 00:26:13.502 they were able to see God working in
NOTE Confidence: 0.93468994

00:26:13.502 --> 00:26:17.016 their oncologist and science and in the
NOTE Confidence: 0.93468994

00:26:17.016 --> 00:26:19.800 chemo treatments and the radiation and
NOTE Confidence: 0.93468994

00:26:19.800 --> 00:26:23.748 that they also were able to pray.
NOTE Confidence: 0.93468994

00:26:23.750 --> 00:26:25.126 And it doesn't just,
NOTE Confidence: 0.93468994

00:26:25.126 --> 00:26:28.294 I say this to people too, in the ICU,
NOTE Confidence: 0.93468994

00:26:28.294 --> 00:26:30.788 you know, just because
NOTE Confidence: 0.93468994

00:26:30.788 --> 00:26:34.092 your loved one is on a ventilator or
NOTE Confidence: 0.93468994

00:26:34.092 --> 00:26:36.029 because you're in chemo or not,
NOTE Confidence: 0.93468994

00:26:36.030 --> 00:26:37.590 God can still do a miracle.
NOTE Confidence: 0.93468994

00:26:37.590 --> 00:26:39.750 God can still do a miracle when you're

NOTE Confidence: 0.93468994

00:26:39.750 --> 00:26:43.328 receiving chemo, you know.

NOTE Confidence: 0.93468994

00:26:43.328 --> 00:26:46.120 So it's a lot

NOTE Confidence: 0.93468994

00:26:46.210 --> 00:26:47.910 to unpack for sure.

NOTE Confidence: 0.924276308333333

00:26:49.650 --> 00:26:53.058 And I think the other issue

NOTE Confidence: 0.924276308333333

00:26:53.058 --> 00:26:56.928 that comes up is when your oncologist

NOTE Confidence: 0.924276308333333

00:26:56.928 --> 00:27:01.778 and your doctors say

NOTE Confidence: 0.924276308333333

00:27:01.778 --> 00:27:05.747 there is nothing else and

NOTE Confidence: 0.924276308333333

00:27:05.747 --> 00:27:09.083 it's getting to that point

NOTE Confidence: 0.924276308333333

00:27:09.090 --> 00:27:14.208 of accepting that and balancing

NOTE Confidence: 0.924276308333333

00:27:14.210 --> 00:27:21.104 hope versus futility and how

NOTE Confidence: 0.924276308333333

00:27:21.104 --> 00:27:23.768 do you help people through

NOTE Confidence: 0.924276308333333

00:27:23.768 --> 00:27:24.980 that conversation?

NOTE Confidence: 0.9305729

00:27:26.500 --> 00:27:32.230 So I had a patient a while

NOTE Confidence: 0.9305729

00:27:32.230 --> 00:27:35.120 ago who NOTE Confidence: 0.9305729

00:27:35.120 --> 00:27:37.730 they were even moving into Hospice

NOTE Confidence: 0.9305729

00:27:37.815 --> 00:27:40.137 and the wife said to me, is it crazy

NOTE Confidence: 0.9305729

00:27:40.137 --> 00:27:42.736 for me to keep praying for a miracle?

NOTE Confidence: 0.9305729

00:27:42.740 --> 00:27:44.300 Is that crazy?

NOTE Confidence: 0.9305729

00:27:44.300 --> 00:27:46.937 Is it crazy for me to try to hope?

NOTE Confidence: 0.9305729

00:27:46.940 --> 00:27:49.856 And I often say to people,

NOTE Confidence: 0.9305729

00:27:49.860 --> 00:27:51.480 it's wonderful to hope.

NOTE Confidence: 0.9305729

00:27:51.480 --> 00:27:53.795 It's not crazy. It's wonderful, right?

NOTE Confidence: 0.9305729

00:27:53.795 --> 00:27:55.255 It's wonderful to hope.

NOTE Confidence: 0.9305729

00:27:55.260 --> 00:27:57.275 It's wonderful to keep praying

NOTE Confidence: 0.9305729

00:27:57.275 --> 00:27:59.740 for a miracle no matter what.

NOTE Confidence: 0.9305729

00:27:59.740 --> 00:28:03.184 The only time that it becomes

NOTE Confidence: 0.9305729

00:28:03.184 --> 00:28:06.593 problematic I would say is when

NOTE Confidence: 0.9305729

00:28:06.593 --> 00:28:09.599 we are praying for a miracle,

00:28:10.360 --> 00:28:12.640 hoping for full cure and

NOTE Confidence: 0.9305729

00:28:12.640 --> 00:28:15.016 that actually leads to a sense of

NOTE Confidence: 0.9305729

00:28:15.016 --> 00:28:17.250 denial such that we are unable to

NOTE Confidence: 0.9305729

00:28:17.250 --> 00:28:19.714 do the things we would want to do

NOTE Confidence: 0.9305729

00:28:19.720 --> 00:28:22.240 if we knew that time was short.

NOTE Confidence: 0.9305729

00:28:22.240 --> 00:28:25.988 So I say if it's not limiting what you

NOTE Confidence: 0.9305729

00:28:25.988 --> 00:28:29.200 would do if you knew time was short,

NOTE Confidence: 0.9305729

00:28:29.200 --> 00:28:29.864 absolutely,

NOTE Confidence: 0.9305729

00:28:29.864 --> 00:28:31.192 100% hope,

NOTE Confidence: 0.9305729

00:28:31.192 --> 00:28:32.520 hope, hope.

NOTE Confidence: 0.9202921

00:28:33.040 --> 00:28:34.940 Jane Jeuland is an outpatient

NOTE Confidence: 0.9202921

00:28:34.940 --> 00:28:36.840 palliative care chaplain with the

NOTE Confidence: 0.9202921

00:28:36.908 --> 00:28:38.780 Smilow Palliative Care Program.

NOTE Confidence: 0.9202921

00:28:38.780 --> 00:28:40.898 If you have questions, the address

NOTE Confidence: 0.9202921

00:28:40.898 --> 00:28:43.220 is Cancer Answers at Yale dot Edu,

NOTE Confidence: 0.9202921

00:28:43.220 --> 00:28:45.572 and past additions of the program

NOTE Confidence: 0.9202921

00:28:45.572 --> 00:28:47.874 are available in audio and written

NOTE Confidence: 0.9202921

00:28:47.874 --> 00:28:48.846 form at yalecancercenter.org.

NOTE Confidence: 0.9202921

00:28:48.846 --> 00:28:51.294 We hope you'll join us next week to

NOTE Confidence: 0.9202921

00:28:51.294 --> 00:28:53.168 learn more about the fight against

NOTE Confidence: 0.9202921

00:28:53.168 --> 00:28:55.020 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.9202921

00:28:55.020 --> 00:28:57.570 Funding for Yale Cancer Answers is

NOTE Confidence: 0.9202921

00:28:57.570 --> 00:29:00.000 provided by Smilow Cancer Hospital.