

# Idiolectics in Palliative Care

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## Aims

Palliative Care requires special conversational skills. Various existing strategies show significant weaknesses in practice. Idiolectics can be described as an idiosyncratic language that uses the patients' individual values, views and value-free considerations. Therefore, idiolectics are a way to strengthen resources that create mental freedom and trust. The term "idiolectic" comes from Latin and can today be interpreted as "idiosyncratic language". The idiolectic conversation makes use of cooperative and help-oriented concepts. Caballero has coined the term "unconditional listening" in this context. Only recently, idiolectic conversation has been introduced to therapeutic contexts.

## Methods

Linguistic reflection stimulates the interviewee to think in new ways. Open questions and personal keywords, that are considered a key to the patient's current experience of reality, activate the resources of the interviewee. These processes can be further supported by non-verbal signals and the activation of other brain areas. As a result, patients identify previously unrecognized potential for change in their own behavior, and target-oriented developments can be initiated. This means of conversation is entirely free of pressure and coercion. It leaves the respondent largely in control of the conversation; the patient determines the topic, tempo and tone. It is of crucial importance that the respondent feels comfortable. An understanding and considerate manner of conversation also serves to build a solid foundation of trust between the communicators so that autonomy, uniqueness and value-free recognition of the respondent is ensured.

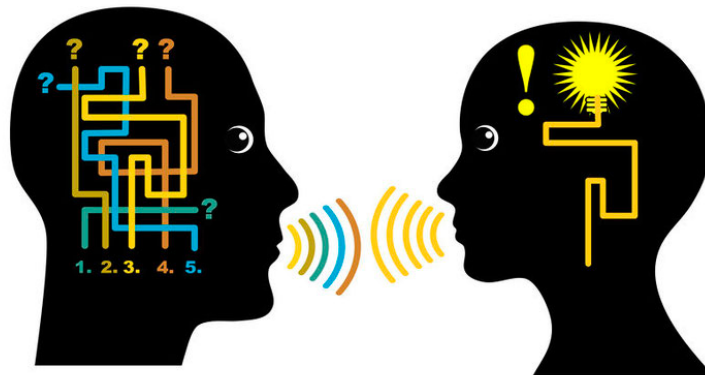
## Application in palliative care

Palliative Care patients are exposed to extreme physical and mental stress. A respectful doctor-patient relationship is essential for the success of the treatments. Recent clinical research suggests that by means of special conversational techniques, idiolectics open up new approaches to palliative care patients and their needs. Hence, idiolectics can do a significant contribution to improving the quality of life of these patients.

## Keywords

Idiolectic, autonomy, palliative, resources, quality of life

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## Literature

Caballero, M. Idiolektik – Eigensprache-orientierte Gesprächsführung und Palliative Care. Palliative ch (2019) Nr. 3-2019, 14-7

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