

# Palliative care

Approach to end-of-life care:  
Supporting letting-go processes,  
breathing and relaxation. Pain-relief.



Form Drawing.  
Stimulate letting-go or bringing back to the present moment.

Releasing, flowing, relaxing forms. Possibly by guiding the patient's hand.  
Place natural objects or Platonic solids in the patient's hands. Perceptive inquiry.  
Drawing forms for the patient – watching and listening to the drawing.



Align/focus on the liberation of the self. Expand the senses across  
the threshold with colours, symbols and images in free images.

Offer pure, vibrant colours and combine plain areas of colour using the wet-on-wet technique.  
Create transitions in active painting therapy or foster self-expression and biographical moments.  
Use passive painting therapy to accompany the palliative situation in a stimulating or calming way.  
Pay attention to the width in the image.



Create inner balance and experience acceptance within the very moment.  
Nourish the soul and self.

In the final phase of palliative care, music therapy is often receptive.  
The warmth and light of the lyre, as well as its direct connection to the heart fill people with  
love, hope and freedom.



Releasing and expanding the breath through receptive exercises, possibly  
with touch on the legs. Content that gives meaning, support and peace.

Meditative-religious texts or prayers, hexameters, falling rhythms, the syllable OM.  
Expansive lyrical images, as in the poem "Mondnacht (Moonlit Night)" by Joseph von Eichendorff  
or "Night and Peace" by Edward Rowland Sill.