

Understanding the True Costs of CKD from a Therapist's Personal Journey

This webinar has been recorded

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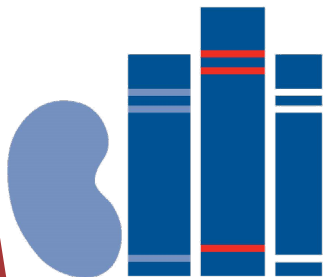
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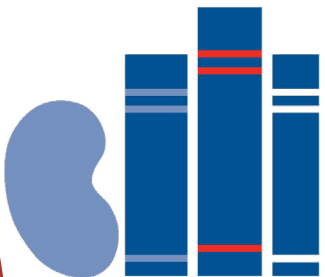
Reminders

- All lines are muted
- Ask questions or make comments through the Chat Box
- Written questions will usually be answered at the end of the program
- You will receive the link to the **recording** and **slides** within a week
- Please complete the feedback form at the end of the program



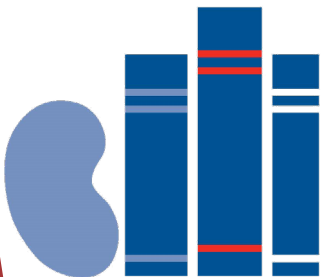
Today's Presenter

- Gabriel Cooper, PhD, is a kidney patient who conducts long-term psychotherapy for individuals and couples. He was a type-1 diabetic and peritoneal dialysis patient until he was gifted a kidney/pancreas transplant in 2021 at Cedars Sinai. While on the transplant waitlist, he earned his postgraduate degree from Cambridge University and has since dedicated to personally and professionally supporting other patients with chronic illnesses.



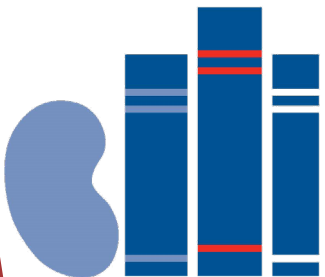
OVERVIEW

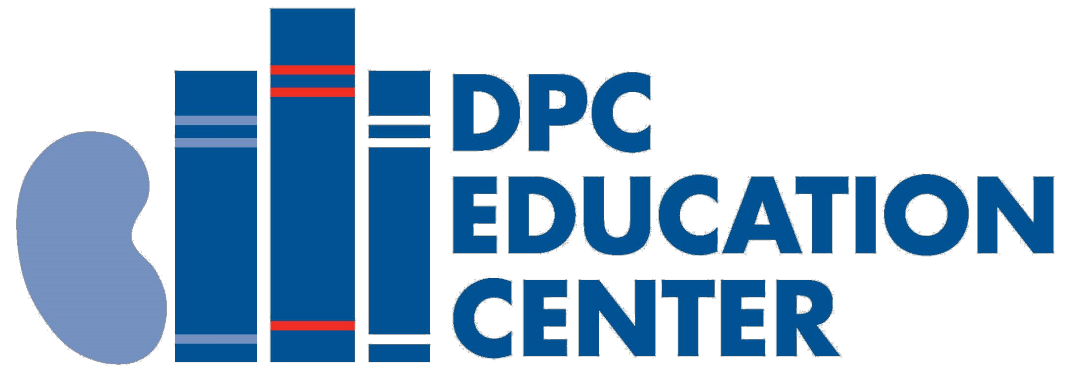
- THE JOURNEY THROUGH CKD STAGES
 - Relationships
 - Emotional dimensions
 - Psychological costs
 - Self-esteem
 - Meaning and belonging
 - Physical health
- TRANSPLANT
- PSYCHOLOGICAL MAPS
 - Grief
 - Anxiety/Depression
 - Family Systems
- RESOURCES
- QUESTIONS AND COMMENTS



Speaker Background

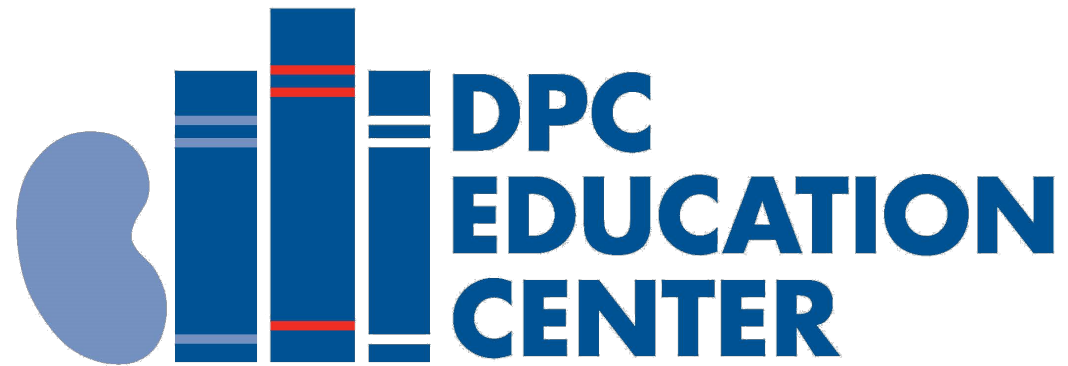
- Type-1 diabetes (age 14)
- CKD diagnosis (age 26)
- 34 year-old cisgendered
- Los Angeles, CA
- Therapist license 2023
- Educational goals
- No prior psychological Sx
- Partnered 12 years





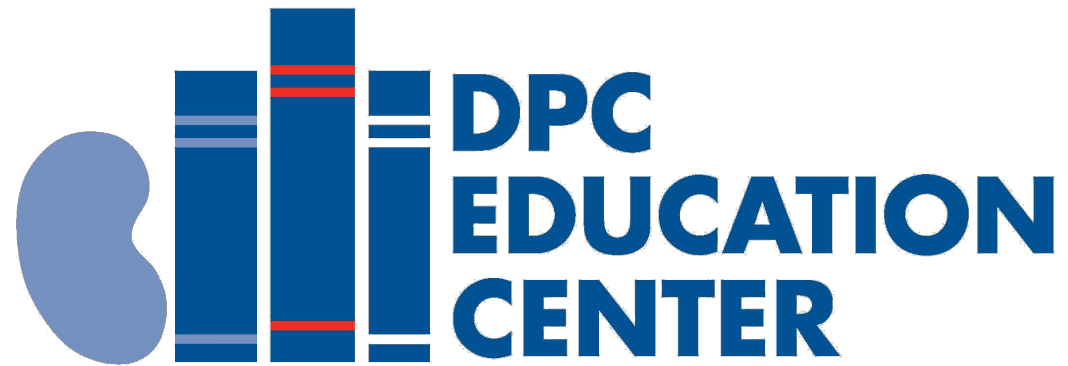
CKD Stages 1 / 2

- Relationships
- Emotional dimensions
- Psychological costs
- Grief
- Self-esteem
- Meaning and belonging
- Physical health



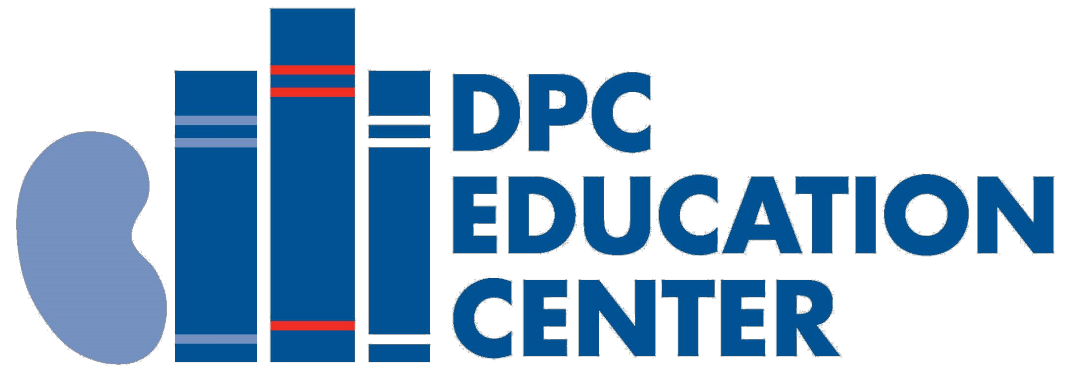
CKD Stage 3

- Relationships
- Emotional dimensions
- Psychological costs
- Grief
- Self-esteem
- Meaning and belonging
- Physical health



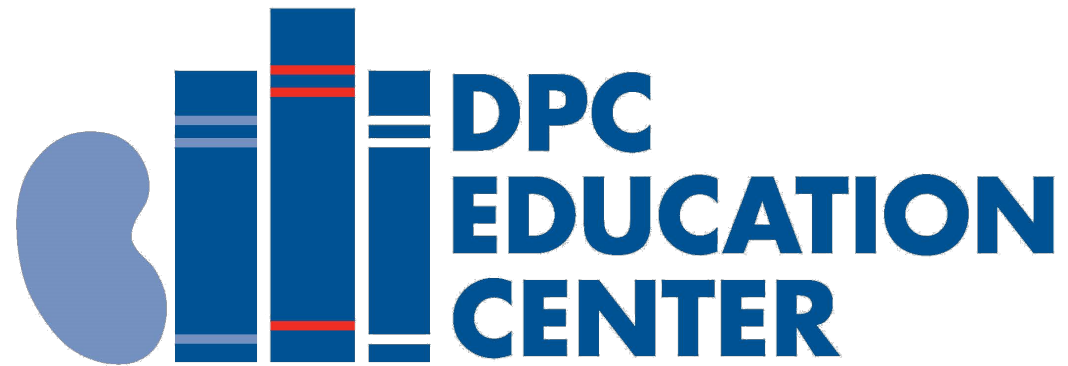
CKD Stage 4

- Relationships
- Emotional dimensions
- Psychological costs
- Grief
- Self-esteem
- Meaning and belonging
- Physical health



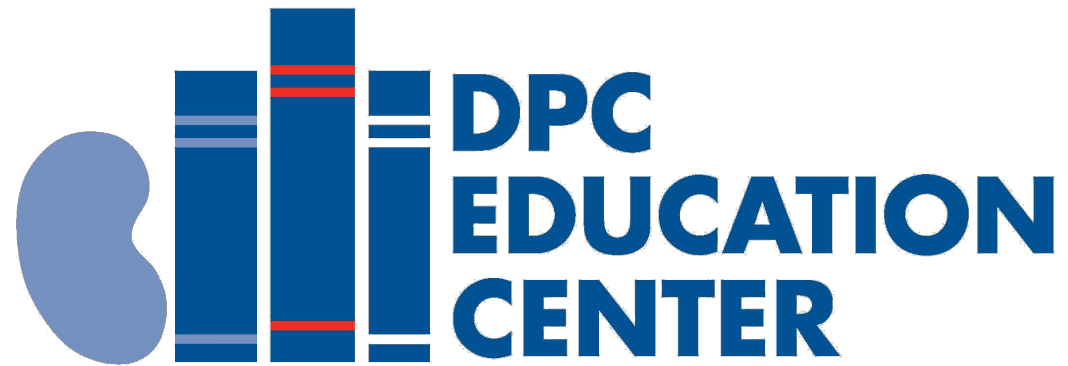
CKD Stage 5 ESRD

- Relationships
- Emotional dimensions
- Psychological costs
- Grief
- Self-esteem
- Meaning and belonging
- Physical health



Transplant

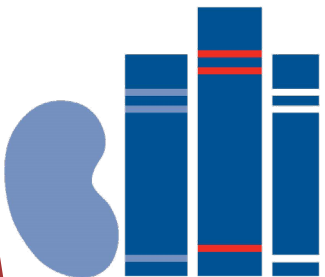
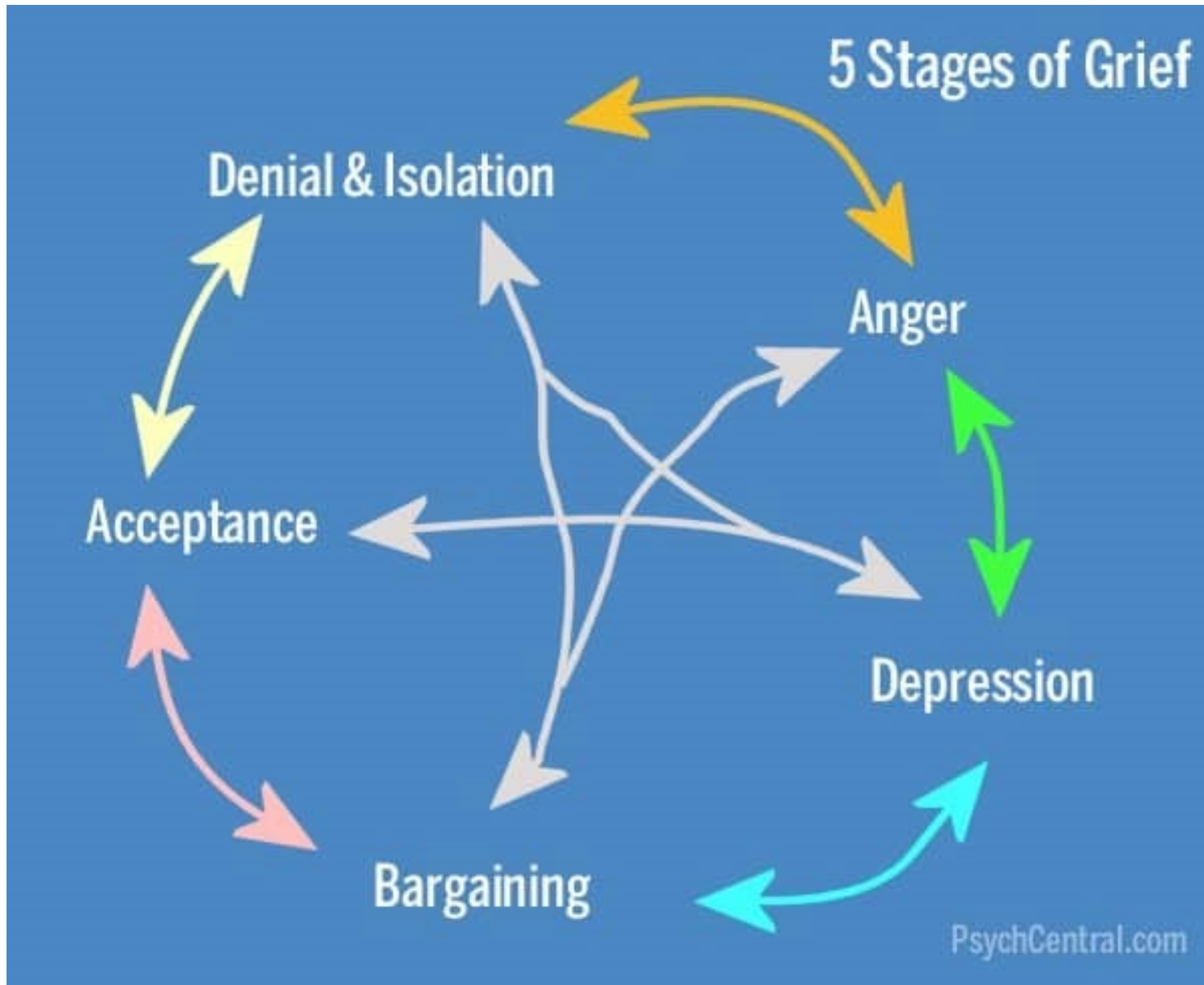
- Relationships
- Emotional dimensions
- Psychological costs
- Grief
- Self-esteem
- Meaning and belonging
- Physical health



Life Post-Transplant



Loss



Mental health

Kidney patients:

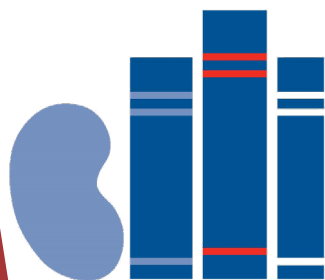
67% experience symptoms of **depression**.

68% are not being offered mental health **support**.

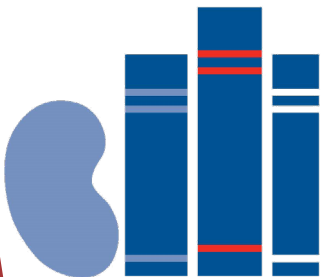
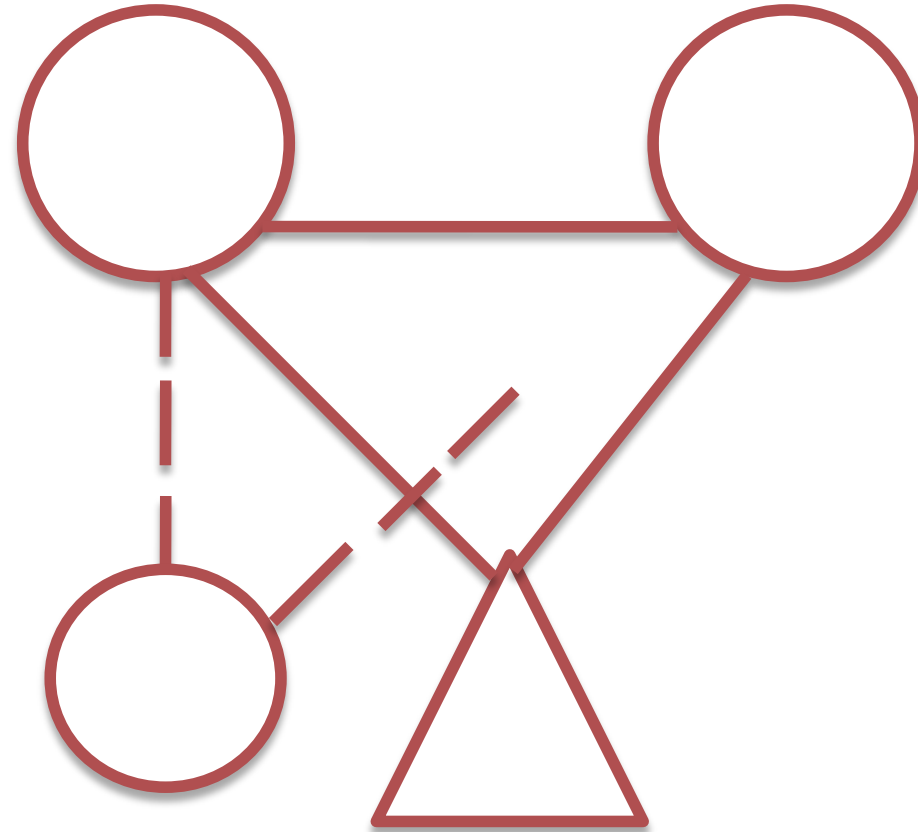
36% can't fully take care of their physical health because of **mental health problems**.

27% have considered **self-harm or suicide** as a result of their kidney disease.

Source: *Kidney Research UK*. February 23, 2022



Relationship Systems



Mental Health Resources

Facebook groups

Forums and blogs on CKD

Patient advocate programs through transplant and dialysis centers

Other kidney patients

Psychotherapy

DPC Kidney Chat - monthly phone group

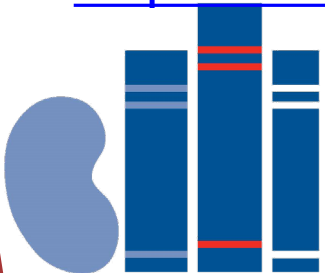
<https://www.dpcedcenter.org/resources/dpc-kidney-chat/>

Kidney podcasts

Kidney Citizen Magazine <https://www.dpcedcenter.org/news-events/the-kidney-citizen/>

Mental Health/Quality of Life Section

<https://www.dpcedcenter.org/quality-of-life/mental-health/>



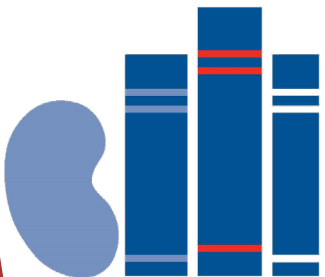
Additional Resources

Gabriel Cooper

Virtual and In-Person Psychotherapy

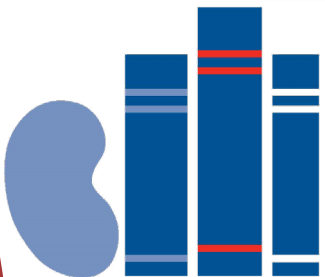
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