

## Keywords:

## Introduction

The introduction section of the manuscript discusses the importance of mental wellness in the context of palliative care. It highlights the need for a holistic approach that addresses the physical, emotional, and spiritual needs of patients. The text emphasizes the role of psychotherapists in providing support and guidance to patients and their families during this challenging time.

The introduction further explores the concept of resilience and how it can be nurtured through various interventions. It discusses the importance of building a strong support system and the role of the healthcare team in facilitating this process. The text also touches upon the ethical considerations involved in providing mental wellness services in palliative care.

The introduction concludes by stating the objectives of the paper, which is to explore a psychotherapist's approach to mental wellness in palliative care. It aims to provide insights into the challenges faced by practitioners and offer practical strategies for enhancing patient resilience and overall quality of life.

The introduction also mentions the significance of this research in the current landscape of palliative care. It notes that as the population of older adults increases, the need for comprehensive mental wellness services becomes more pronounced. The paper seeks to contribute to the existing literature by providing a detailed account of the author's clinical experience and theoretical framework.

The introduction ends with a brief overview of the structure of the manuscript. It indicates that the following sections will delve into the theoretical underpinnings of the approach, followed by a discussion of the clinical application and the author's reflections on the practice.

The discussion section of the manuscript reflects on the findings of the study and their implications for practice. It discusses the challenges encountered during the implementation of the psychotherapist's approach and the strategies used to overcome them. The text also addresses the need for further research in this area.

The discussion further explores the role of the psychotherapist in the palliative care team and the importance of collaboration with other professionals. It discusses the ethical considerations and the need for ongoing education and training for practitioners. The text also touches upon the impact of the research on the author's practice and the broader field of palliative care.

## Discussion

The discussion section of the manuscript reflects on the findings of the study and their implications for practice. It discusses the challenges encountered during the implementation of the psychotherapist's approach and the strategies used to overcome them. The text also addresses the need for further research in this area.

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01-Feb-2023, Manuscript No. jpcm-24-128613; 03-Feb-2023, PreQC No. jpcm-24-128613 (PQ); 17-Feb-2024, QC No. jpcm-24-128613; 22-Feb-2024, Manuscript No. jpcm-24-128613 (R); 29-Feb-2024, DOI: 10.4172/2165-7386.1000612

Kurtz R (2024) A Psychotherapist's Approach to Mental Wellness: Nurturing Resilience and Empowering Growth. *J Palliat Care Med* 14: 612.

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