Responding to Near-Death Experiences and Other pSTEs:
Recommendations for Healthcare Providers

NDE acronym (in D-N-E order):

1. Don’t:
   - Deny the experience as one that has been professionally recognized and labeled
   - Disbelieve that the experience was or, at least, could be real
   - Diagnose the experience or experiencer as a sign of mental illness, based on the experience alone
   - Demonize the experience, by default, as spiritually malevolent or evil
   - Discourage the experiencer from talking about it and/or psychospiritually processing its aftereffects and meaning
   - Determine the meaning of the experience for the experiencer.
   - Deprive the experiencer of resources for further information and support

2. N-stead:
   - (K)now and name the experience as it is referred to in the professional literature—while being open to a preferred term that the experiencer may have.
   - Naturalize the experience as real or potentially real.
   - Normalize the experience as common and not inherently related to mental illness.
   - Numinize the experience as spiritually neutral, benevolent, or potentially benevolent—except in case of explicit malevolent content.
   - N-vite (invite) the experiencer to talk about the experience, its aftereffects, and its meaning.
   - N-quire (inquire) about the meaning the experiencer attributes to the experience.
   - Navigate the experiencer to resources for further information and support.

3. Effect of the N’s is that the experiencer likely will feel:
   - Educated that the experience is a known phenomenon with a name.
   - Endorsed as having had a legitimate and real or potentially real experience.
   - Equalized that the experience itself does not render the experiencer “crazy.”
   - Enlightened that the experience likely was not inherently “evil” and is potentially spiritual beneficial.
   - Encouraged to discuss the experience, its aftereffects, and its meaning as much as the experiencer wishes.
   - Enabled to reflect on and generate one’s own meaning.
   - Equipped to find further information and support.

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