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

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

1. **Don’t:**
   - (In case of search-and-rescue or resuscitation) **Dismiss** the possibility that the person in distress is experiencing an NDE or other pSTE.
   - (In case of pSTE disclosure) **Deny** the experience as one that has been professionally recognized and labeled
   - **Discourage** the experiencer from talking about it and/or psychospiritually processing its aftereffects and meaning
   - **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
   - **Determine** the meaning of the experience for the experiencer.
   - **Deprive** the experiencer of resources for further information and support

2. **N-stead:**
   - **Narrate** your activities and intentions, either out loud or silently.
   - *(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.
   - **N-vite** (invite) the experiencer to talk about the experience, its aftereffects, and its meaning.
   - **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-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:*
   - **Elucidated** regarding your actions and intentions.
   - **Educated** that the experience is a known phenomenon with a name.
   - **Encouraged** to discuss the experience, its aftereffects, and its meaning as much as the experiencer wishes.
   - **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.
   - **Enabled** to reflect on and generate one’s own meaning.
   - **Equipped** to find further information and support.

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