

# Pamela Reed's Theory of Self Transcendence

Presented By Jon Lafleur, Sheila Lucas, Joan Kronlein,  
& Kiya McElveen,

# Introduction

This presentation will review and analyze Reed's theory of self transcendence. The presenter will give an overview of the theory and review its views of the nursing metaparadigms. The presenter will discuss a research article that uses Reed's theory as well as examine the application of the theory with nursing practice.



# Objectives

- Define the theory of self transcendence
- Understand the theory's concepts of the metaparadigms of nursing
- Understand the relationship of the theory with your practice



# Background on Theorist - Pamela Reed

- Born in Detroit, Michigan
- Baccalaureate degree from Wayne State University-1974
- Master of science in psychiatric-mental health of children and adolescents and in nursing education-1976
- PhD concentration in nursing theory and research, minor in adult development and aging-1982
- Dissertation research focused on relationship between well-being and spiritual perspectives on life and death in terminally ill and well individuals.



# Self-Transcendence: Overview

- The Theory of Self-Transcendence is a social concept theory which is based on Rogers' Theory of Unitary Beings.
- Core "philosophical belief in the enduring human potential for well-being" (Reed, 2009, p. 397).
- "Individuals who face human vulnerability or mortality obtain an increased capacity for self-transcendence and its positive influence on...well-being" (Reed, 2009, p. 397-398).



# Self-Transcendence: Overview

- Definition by Reed: “Inherent, gradual, non-linear developmental process, resulting in increased awareness of dimensions greater than the self and expansions of personal boundaries within intrapersonal, interpersonal, transpersonal, and temporal domains” (McCarthy, Ling, Carini, 2013, p. 179).



# MetaParadigm Concepts

- Health – “Sense of feeling whole and healthy, in accord to one’s own criteria for wholeness and health” (Smith, et al, 2008. pp. 108)
- Environment – Family, social networks, physical surroundings and community resources (Coward, 2010 as cited in Masters, 2014.pp. 75)



Photo Retrieved from Daggerwing Health



# MetaParadigm Concepts cont.

- Human Being – Developed through life events and environments
- Nursing – the assistance through interpersonal processes and therapeutic management of environments to promote health ( Coward, 2010. as cited in Masters, 2014. pp. 75)





# Analysis

- Reed's theory of Self Transcendence is related to the ongoing developmental relationship between a human being and their environments
- Reed's theory was originally intended to describe a person's mental health and wellbeing during the later years of life (nearing end of life), yet it has much importance relating to children and adolescents



# Self-Transcendence: Analysis

## ○ Criteria

➤ Accuracy



➤ Simplicity/Complexity



➤ Scope



depends on the context

➤ Acceptance



➤ Socio-Cultural Utility



but needs more research

(NURS 501)



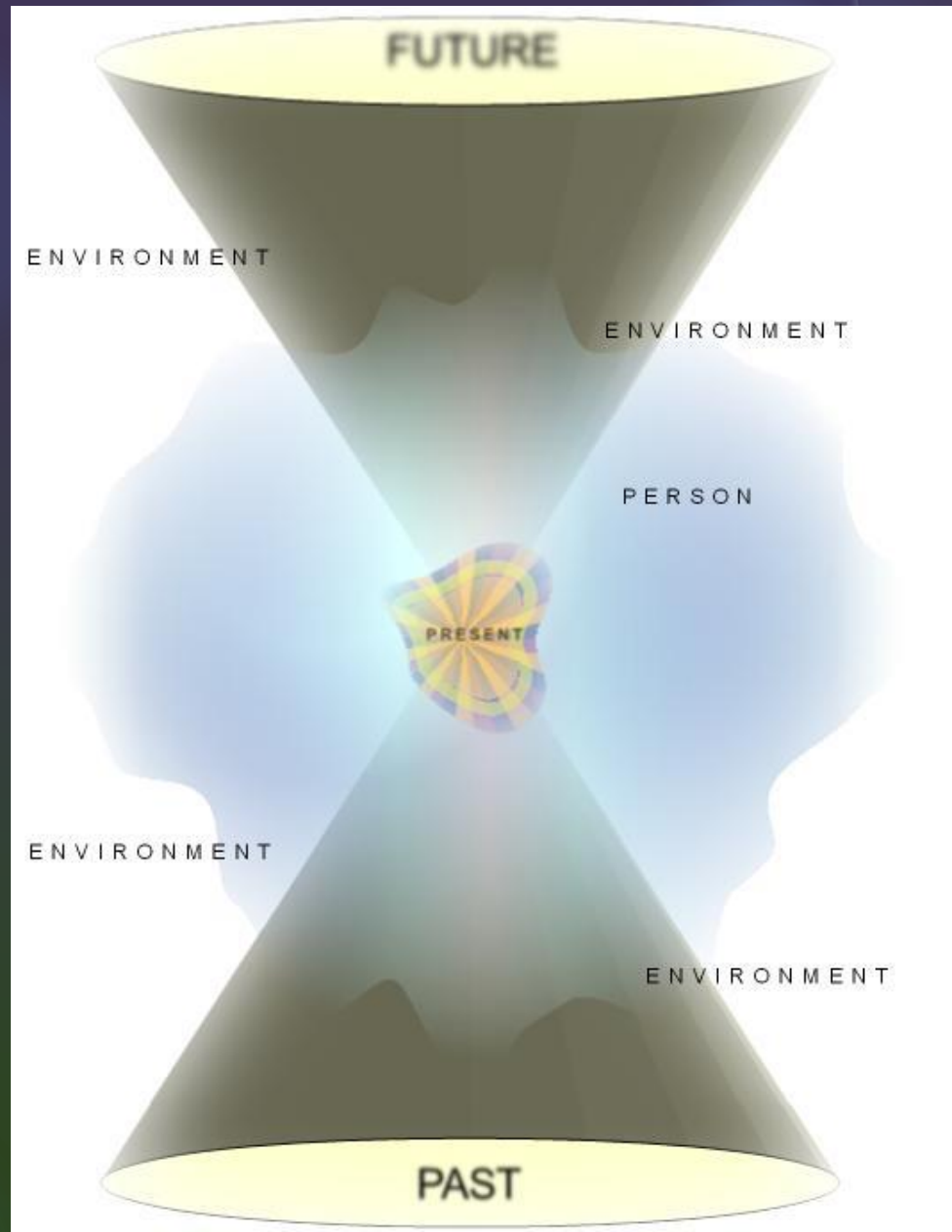


Figure 1 Gulliver (2007)



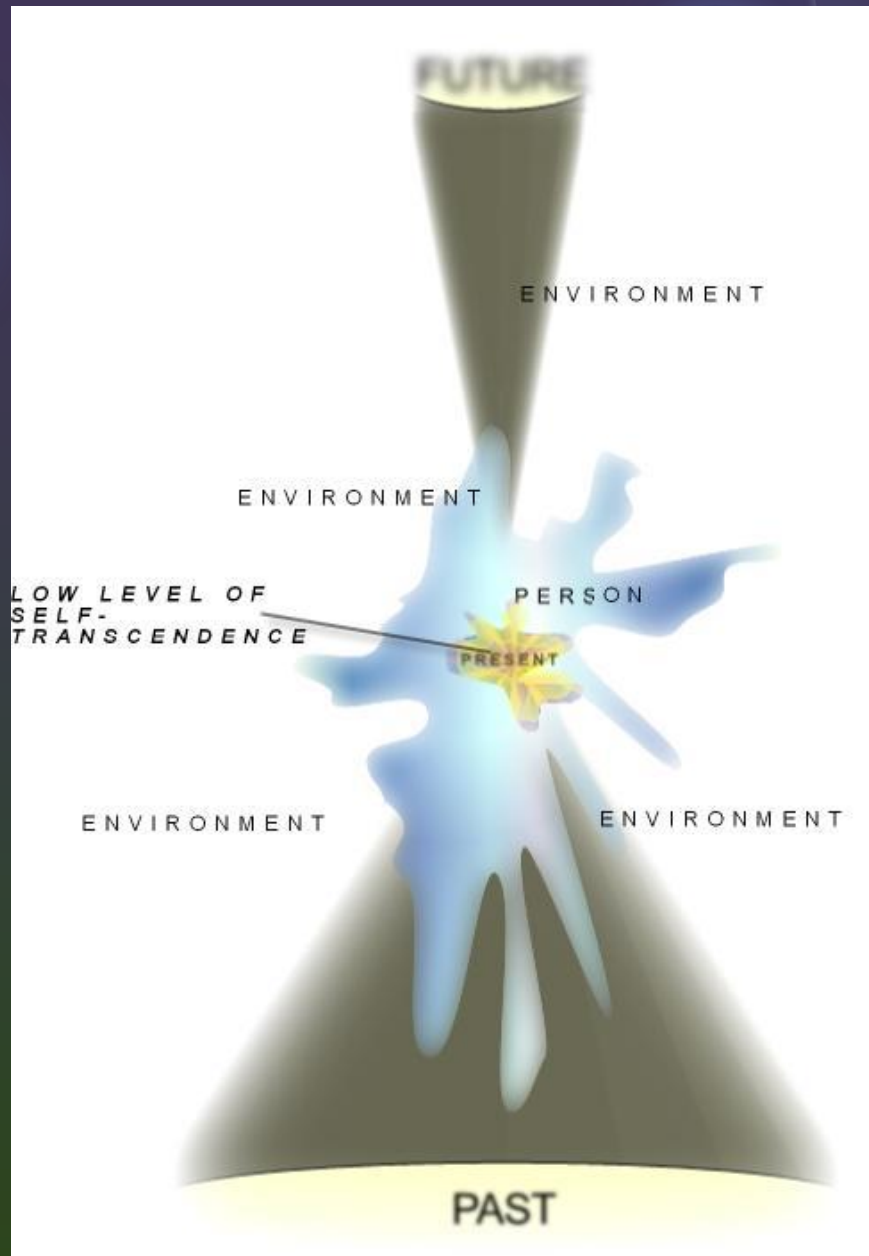


Figure 2

Gulliver (2007)

# Self-Transcendence is...

- To repeat: *Looking beyond the "now", beyond barriers and boundaries, looking beyond one's self and finding perspective and meaning that might otherwise be overlooked.*  
(Ellerman and Reed, 2001; Palmer, Quinn Griffin, Reed, & Fitzpatrick, 2010)
- Capitalizing on the ability to see beyond the boundaries of the self and the environment. Using that ability during vulnerable moments to see beyond the present limitations.  
(Runquist & Reed, 2007)
- Vulnerability can lead to self-transcendence. Self-transcendence can lead to well-being.  
(Palmer, Quinn Griffin, Reed, & Fitzpatrick, 2010)



# Self Transcendence in Nursing Research

- Research by Walsh, Lamet, Lindgren, Rillstone, Little, Steffey, Rafalko, & Sonshine (2011) reviewed the theory of self transcendence in patients with late stage Alzheimer's Disease.
- Studied the effects of self transcendence and well being as a result of creative bonding interventions



# How is the theory of self Transcendence reflected in this research?

- Research Questions:
  - “Will persons with late stage Alzheimer's Disease show evidence of self transcendence during the creative bonding intervention?”
  - “Will persons with late stage Alzheimer's disease show evidence of well-being during the creative bonding intervention?”



# How would the study have been different without Reed's theory?

- Without theory of self transcendence the researcher's would only be able to conduct research on the second research question related to well being.
- Would be difficult to analyze the patients relationship with the surrounding environment and the use of reminiscing with the patient's raw emotions without this theory





- The study provided insight for new areas of education for staff involvement and techniques to use with late stage Alzheimer's Disease.
- This research used the theory of Self Transcendence to promote the use of nursing “implementation of approaches to promote well-being in people with late stage Alzheimer's Disease” (Walsh, et al, 2011. pp71).



# Implication for Nursing

- “Most health events confront a person with vulnerability and mortality and therefore are potential context for promoting healing and well-being through self transcendence” (Smith, et al. 2008. pp122)
- Nurses should use Reed’s theory of self transcendence to facilitate self-transcendence.



# How Nursing can help Manage Self Transcendence in Patients

- Encouraging Reflection
  - Meditation, Prayer, Journaling
- Fostering Maintenance of Meaningful Relationships
  - Personal and community relationships
  - Support Groups
  - Group psychotherapy



Nursing

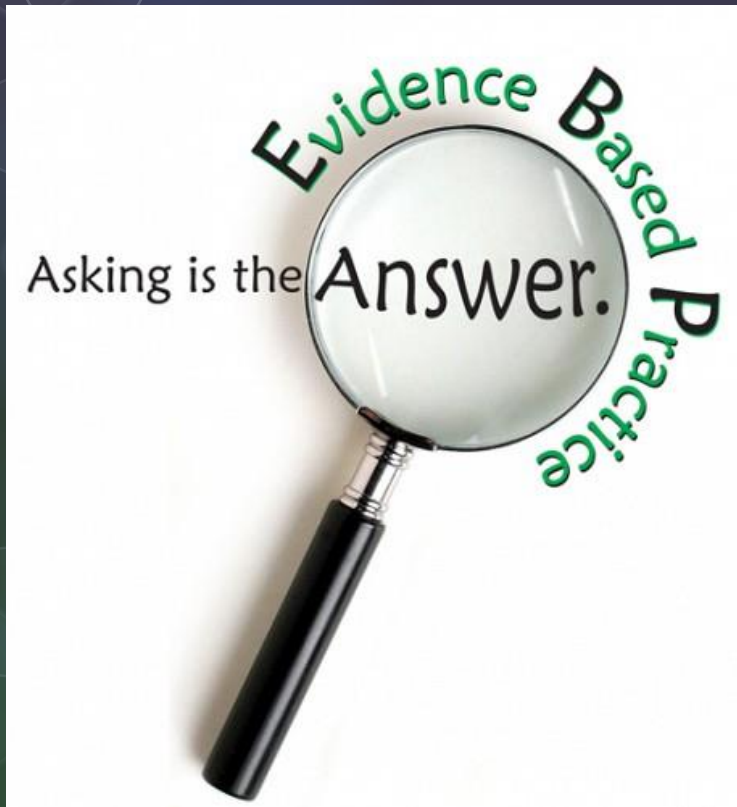


Self  
Transcendence

Positive  
Healing  
Experiences



# Importance for Nursing practice



- Advances nursing knowledge relating to disease management
- Helps nurses expand on giving holistic care

Hast, 2009.



- “Self-transcendence may very well be a developmental imperative for younger as well as older people, for those healthy and ill. If so, nursing must be there to generate the knowledge and provide the expert support that facilitates this cost-effective and holistic process of well being” ( Smith, et al, 2008. pp 126)



# References

- Daggerwing Health Group. (2013). Retrieved from <http://www.daggerwinghealth.com/>
- Dudley-Brown, S. L. (1997). The evaluation of nursing theory: a method for our madness. *International Journal of Nursing Studies*, 34(1), 76–83. <http://140.131.87.87/nursing-201011/1290754108718416303.pdf> new/eng/data/files/
- Ellerman, C.R., & Reed, P.G. (2001). Self-transcendence and depression in middle-aged adults. *Western Journal of Nursing Research*, 23(7), 696-713.
- Gulliver, K. 2007. Middle- Range Theory of Self Transcendence, A Graphic Representation. Retrieved From <http://faculty.unlv.edu/gulliver/SelfTranscendence/Theory%20of%20Self-Transcendence%20Graphic.htm>
- Hast, L. (2009). New Website highlights nursing research efforts. Reporter. Retrieved from: <http://www.mc.vanderbilt.edu/reporter/index.html?ID=7588>

# References Cont

- Masters, K. (2014). *Role Development in Professional Nursing* 3<sup>rd</sup> ed. Jones and Barlett Learning. Burlington, MA. Retrieved from:  
[http://books.google.com/books?id=8MHDezDyqTwC&pg=PA74&lpg=PA74&dq=theory+of+self+transcendence+and+metaparadigm+concepts&source=bl&ots=Ss8NnPqI0p&sig=jDw\\_8abgL9amk9QzrsOUCAiHhc0&hl=en&sa=X&ei=pmlQUsKiIsjFggH50oHIAg&sqi=2&ved=0CEYQ6AEwBA#v=onepage&q=theory%20of%20self%20transcendence%20and%20metaparadigm%20concepts&f=true](http://books.google.com/books?id=8MHDezDyqTwC&pg=PA74&lpg=PA74&dq=theory+of+self+transcendence+and+metaparadigm+concepts&source=bl&ots=Ss8NnPqI0p&sig=jDw_8abgL9amk9QzrsOUCAiHhc0&hl=en&sa=X&ei=pmlQUsKiIsjFggH50oHIAg&sqi=2&ved=0CEYQ6AEwBA#v=onepage&q=theory%20of%20self%20transcendence%20and%20metaparadigm%20concepts&f=true)
- Palmer, B., Quinn Griffin, M.T., Reed, P., & Fitzpatrick, J.J. (2010). Self-transcendence and work engagement in acute care staff registered nurses. *Critical Care Nurse*, 33(2), 138-147.
- Runquist, J.J., & Reed, P.G. (2007). Self-transcendence and well-being in homeless adults. *Journal of Holistic Nursing*, 25(5), 5-13.



# References Cont

- Smith, M., Liehr, P. (2008). Middle Range Theory for Nursing, 2<sup>nd</sup> Ed. Springer Publishing Company LLC. New York, NY. Retrieved from:  
<http://books.google.com/books?id=BxrrFVwW4PgC&pg=PA105&lpg=PA105&dq=pamela+reed+theory+of+self+transcendence&source=bl&ots=RyHky7rtGE&sig=G8F9F0Xn8GPZ4vbyd46q2Aw91ZY&hl=en&sa=X&ei=wV1QUo6aBMKrrQGQloHgAQ&ved=0CDUQ6AEwAg#v=onepage&q=pamela%20reed%20theory%20of%20self%20transcendence&f=true>
- Walsh, S., Lamet, A., Lindgren, C., Rillstone, P., Little, D., Steffey, C., Rafalko, S., Sonshine, R. (2011). Art in Alzheimer's care: promoting well-being in people with late-stage Alzheimer's disease. Rehabilitation Nursing, 36(2), 66-72. Retrieved from <http://0-ejournals.ebsco.com.libcat.ferris.edu/Direct.asp?Access Token=293939A8SHF2BFYES2LL1W9WFWBX8F9A19&S how=Object>