

## **You're Not You**

The caring relationship that develops in the movie takes place between two very unlikely characters, Bec and Kate. When we first meet Kate, we see that she is an accomplished pianist and in a loving relationship with her husband Evan. When we meet Bec we see a young woman who is sleeping with her professor and having a tough time on finishing her college degree. She doesn't seem to take many things seriously but somehow becomes Kate's caregiver after Kate is diagnosed with ALS. At first it just seems like Bec is just looking for a part time job and doesn't know what she is getting into. As the relationship evolves Kate and Bec develop a bond and Bec becomes her advocate and her support when her husband cheats on her. This caring relationship takes time to develop in the movie but by the end of the film Bec is the most important person in Kate's life. At the same time, we see Bec start to develop into a more mature person as well. Dr. McGonigal in her book *The Science of Compassion* states, "helping others can reduce hopelessness after a personal crisis. Helping others when we are suffering can provide even more hope and meaning than when we are in a place that feels safe and secure." (2016). Bec's hopelessness and personal crisis improves after becoming Kate's caregiver. As the movie concludes we see that their caring relationship developed into a loving and compassionate relationship.

### **13:17-15:04**

In this scene Kate needs help from Bec to use the bathroom. This is the beginning of the caring relationship, a beginning that is anything but caring. Bec doesn't realize she will need help and Kate has to call her into the bathroom. Bec tells a joke but Kate doesn't laugh. Bec assists Kate onto the toilet and cleans her after she is done. Bec helps Kate get back on her feet off the toilet and loses her grip on Kate and they both fall to the ground.

There is a general sense that both Kate and Bec are uncomfortable. Bec doesn't even realize at first that Kate due to her ALS needs help toileting and Kate is not amused by her joke. Bec is uncomfortable and narrates everything she is doing to somehow make her feel more comfortable. Kate asks her to stop but Bec keeps going. Neither one makes eye contact with the other, further signifying that the two are not in a caring relationship yet. At the end of the scene, Bec uses poor technique on getting Kate up and they both fall to the ground. Kate could have been seriously injured but Bec laughs as if it's a joke. Kate wonders if she made the right decision in hiring Bec as her caregiver.

### **27:40-31:43**

Kate is home alone and needs to get out of bed. We see Bec hanging out in a bar complaining about Kate to her friend. Kate walks with her walker dragging her foot on the floor due to her ALS. She comes to the top of the stairs and pushes her walker and we hear her fall. Kate manages to text a blank message to Bec and Bec runs out of the bar to check on Kate. Later we see Bec and Kate back in the bathroom this time for a shower.

When Bec gets the blank text from Kate she instantly runs out of the bar towards Kate. Even though her best friend tries to tell her it's probably nothing, Bec has a feeling that something bad has happened. This is our first hint that a bond between the two is forming. When Bec arrives, she runs to assist Kate back on her feet. The viewer is left with the impression that maybe Kate was trying to kill herself. She ends up taking her to the bathroom for a shower. Unlike the first encounter in the bathroom this one is full of love and caring. Bec cleans Kate and this time they both make eye contact. When Bec helps Kate up this time she hugs her, both women are working as one unit. This signifies the growth that Bec has made in the caring relationship.

"Transpersonal caring occurs when the one caring brings full attention to the here and now and attends to the spirit and inner life world of the other. Together the one caring and the one cared for build meaning and understanding." (Watson & Sitzman, 2017). The caring relationship is strengthened by the fact that Bec is bringing attention and mindfulness to it unlike the earlier encounter.

### **1:35:36-1:37:03**

Kate's ALS has run its course and Kate is brought home to be on hospice. Kate doesn't want anyone around her when the time comes for her to die, even her beloved caretaker Bec. Bec goes into the other bedroom and sometime later hears Kate struggle to breathe. She responds by running into Kate's room to be with her.

Bec knows Kate's wishes are to be at home on hospice. She doesn't want to be intubated and no further heroics are to be performed. The only thing left now is how will Kate die? As it turns out Kate doesn't even want Bec to be with her, she wishes to face death alone. Bec respects her wishes knowing that Kate is a very strong religious person and if that is her wish so be it. Bec however can't stand to hear Kate struggling to breathe and dying alone and rushes in to be with her in her time of need. She stays with her until she passes. These three scenes show the maturation of the caring relationship that developed between Bec and Kate.

As a nurse working in the acute care hospital, I've been called upon to place patients like Kate on comfort care measures. Sometimes I've started the process and barely know the patient. However, I know that by incorporating the Caritas processes into my nursing praxis I will always be authentically present and honor my patients wishes. "In offering authentic presence, we are giving all that we have and all that we are to self, others, and the universal consciousness in that moment." (Watson & Sitzman, 2017). Caring relationships are the backbone of nursing and the reason I became a nurse in the first place. It was amazing seeing this film and the caring relationship that developed between Kate and Bec.

### **References:**

McGonigal, K. (2016). *The Science of Compassion*. Boulder, CO

Sitzman, K., & Watson, J. (2017). *Watson's caring in the digital world: a guide for caring when interacting, teaching, and learning in cyberspace*. New York: Springer Publishing Company.

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