

19<sup>th</sup> IPOS WORLD CONGRESS 2017  
**ACADEMY WORKSHOP DESCRIPTION**

Workshop title:	<b>Cognitive behaviour therapy for severe fatigue in cancer survivors</b>
Workshop chairs:	Hans Knoop, Phd, Harriet Abrahams, MSc; Hanneke Poort, Msc Academic Medical Centre (AMC) of the University of Amsterdam
Length and Language:	Full-day workshop. The workshop will be held in English.

**Workshop description:**

Cancer related fatigue (CRF) is a highly prevalent symptom in cancer survivors who are off treatment. The fatigue leads to substantial limitations in daily life and tends to persist without treatment.. According to the cognitive behavioural model of CRF, cancer and the treatment trigger the fatigue but behaviour and beliefs perpetuate the symptom. On the basis of this model, CBT specifically aimed at CRF in cancer survivors has been developed. CBT for CRF is aimed at the fatigue maintaining cognitive-behavioural factors. Several randomised controlled trials conducted by our research group have shown that CBT for CRF leads to a significant reduction of fatigue and disability. In this workshop we will discuss the cognitive behavioural model of CRF and demonstrate how the fatigue perpetuating factors can be assessed and addressed during therapy. Specific intervention elements will be demonstrated and practiced. We will also pay attention to recent developments like the application of CBT for CRF during treatment of (advanced) cancer and the development of web-based CBT.

**Learning objectives:**

1. The participant knows which behaviours and beliefs can perpetuate CRF in cancer survivors and how to assess them.
2. The participant is acquainted with the treatment manual and different treatment modules of CBT for CRF.
3. The participant is acquainted and has practiced with the intervention elements that are specific for (web-based) CBT for CRF in cancer survivors.

**Target audience:**

Clinicians working with patients with cancer related fatigue who are familiar with the principles of cognitive-behavioural interventions



**Hans Knoop** is a clinical psychologist/CBT therapist and professor of Medical Psychology at the Academic Medical Centre (AMC) of the University of Amsterdam. He is also head of a treatment centre for chronic fatigue (expert centre for chronic fatigue of the VU University Medical Centre). His research is focused on the development of evidence based behavioural interventions for patients with chronic medical conditions. His research group has developed and tested several cognitive behavioural interventions for cancer related fatigue.



**Harriët Abrahams** is a PhD student who is graduated in Medical Psychology. She is in the final year of her doctoral program at the Expert Centre for Chronic Fatigue (VU University Medical Centre, Amsterdam, the Netherlands), which is focused on cancer-related fatigue. She recently completed a randomized controlled trial on the efficacy of a web-based CBT intervention for cancer-related fatigue, and published a meta-analysis on the prevalence, course, and related factors of severe fatigue in breast cancer survivors.



**Hanneke Poort** has a master's degree in Medical Psychology and is currently completing her doctoral training. Her research is focused on severe fatigue in understudied cancer populations, i.e. patients with rare cancers or incurable disease. She is the coordinating researcher for a three-armed multicenter randomized controlled trial on the efficacy of either CBT or graded exercise therapy for cancer-related fatigue in patients with incurable cancer.