

19th IPOS WORLD CONGRESS 2017
ACADEMY WORKSHOP DESCRIPTION

Workshop title: **Coping with Anxiety in the Different Phases of the Disease**

Workshop chair: Shulamith Kreitler, PhD, Tel-Aviv University, Israel

Length and Language: Half-day workshop. The workshop will be held in English.

Workshop description:

Anxiety is one of the most common and difficult aspects of cancer which may affect negatively the patients' quality of life. Anxiety may differ in the different phases of the disease. For the patient the disease is not a homogenous track but includes several phases, e.g., the diagnosis, the treatments, survival, recurrence and the end-phase. In each phase the patients need to cope with emotionally difficult issues that often evoke anxiety. However, the causes for the anxiety may differ in the various phases, e.g., in the earlier phases anxiety may be evoked by uncertainty and the need to undertake decisions (e.g., treatment options, disclosure to others); in later phases by pain, suffering and fear of death. Different coping strategies may be more effective in regard to some anxiety types than others. Helping the patients optimally requires adapting the coping strategies to the specific issues, the phase of the disease and the particular personality of the patient. The workshop will focus on characterizing the different sources of anxiety, identifying the adequate coping strategies for the various anxiety experiences and procedures for helping patients use the various coping strategies for overcoming the negative impact of anxiety

Learning objectives:

1. Teach identification of anxiety sources and manifestations in the different disease phases
2. teach a broad range of coping strategies in regard to different kinds of anxiety
3. teach procedures for selecting adequate coping strategies in regard to different kinds of anxiety in the different disease phases

Target audience:

Clinicians working with cancer patients.



Shulamith Kreitler was born in Tel-Aviv, has studied psychology, philosophy and psychopathology in Israel, Switzerland and the USA, got her PhD in Bern Switzerland. Has worked as a professor of psychology in different universities, including Harvard, Princeton and Yale, and in Argentina and Vienna. She is a certified clinical and health psychologist and a full professor of psychology at Tel-Aviv University since 1986. She has established the psychooncology unit at the Ichilov hospital in 1993 and has been head of the psychooncology research center at Sheba Medical Center since 2007. She has published over 200 papers and 15 books.