

19th IPOS WORLD CONGRESS 2017
ACADEMY WORKSHOP DESCRIPTION

Workshop title: **Meaning Centered Psychotherapy in Cancer**
Workshop chair: William Breitbart, MD, Memorial Sloan Kettering Cancer Center, USA
Length and Language: Full-day workshop. The workshop will be held in English.

Workshop description:

This whole day experiential workshop provides an overview of a novel counseling intervention for patients with advanced cancer, entitled “Meaning Centered Psychotherapy”. Participants will be introduced to the topics of meaning and spirituality as they relate to cancer care and the experience of patients with cancer. The basic concepts of Meaning Centered Psychotherapy will then be described. Meaning Centered Psychotherapy is based on the concepts of meaning as derived from the work of Viktor Frankl, M.D. and adapted for use in cancer populations by our team at Memorial Sloan-Kettering Cancer Center. Two forms of Meaning Centered Psychotherapy have been developed: Meaning Centered Group Psychotherapy (8 weekly 1 ½ hour sessions; Individual Meaning Centered Psychotherapy (7 weekly 1 hour sessions). Both interventions are manualized and published randomized controlled trials have demonstrated its efficacy. During the workshop participants will have the opportunity to participate in experiential exercises utilized in Meaning Centered Psychotherapy. In addition, a detailed description of the intervention and the content of each session will be provided. Newer adaptations of Meaning-Centered Psychotherapy for breast cancer survivors, Caregivers, bereavement, and international replication studies the Netherlands, Israel, Spain, as well as cultural adaptations for Chinese and Spanish speaking populations will be discussed.

Learning objectives:

1. The attendees will become familiar with the concept of spirituality as a construct composed of faith and/or meaning.
2. The attendees will become familiar with the importance of meaning, as a component of spiritual well-being, and its relationship to depression, hopelessness and desire for death
3. The attendees will become familiar with a structured, didactic and experiential 8 session intervention for advanced cancer patients aimed at sustaining or enhancing a sense of meaning in the face of terminal illness.

Target audience: Clinical psychologists, psychiatrists, social workers, chaplains, nurses, oncologists, palliative care and hospice clinicians, medical students, psychology students, physicians in training (Psychiatry trainees/fellows; palliative care trainees/fellows, oncology trainees/fellows). This workshop would also be of interest to researchers of all disciplines who are interested in intervention development in psycho-oncology and palliative care.



William Breitbart, M.D. is Chairman, the Jimmie C Holland Chair in Psychiatric Oncology, Department of Psychiatry & Behavioral Sciences, Memorial Sloan-Kettering Cancer Center, and Professor of Psychiatry at Weill Medical College of Cornell University. He is Past President of the International Psycho-oncology Society, and was their 2009 recipient of the Arthur Sutherland Lifetime Achievement Award. Dr Breitbart is the recipient of the 2003 Research Award from the Academy of Psychosomatic Medicine, the 2007 Donald Oken Award from the American Psychosomatics Society, the 2011

Hackett Award for Lifetime Achievement from the Academy of Psychosomatic Medicine, the 2012 Jimmie Holland Award from the American Psychosocial Oncology Society, and The 2017 American Cancer Society Quality of Life Research Award. Dr. Breitbart's research has focused on psycho-oncology and palliative care. Most recently his research has focused on Meaning Centered Psychotherapy in Cancer patients. He has over 400 peer reviewed publications and has edited 12 textbooks, including Treatment Manuals for "Meaning Centered Group Psychotherapy in Advanced Cancer Patients", and "Individual Meaning Centered Psychotherapy for Advanced Cancer Patients" published by Oxford University Press. His latest textbook is "Meaning Centered Psychotherapy in the Cancer Setting" by OUP. Dr Breitbart is Editor in Chief of the international journal "Palliative and Supportive Care."