

19th IPOS WORLD CONGRESS 2017

ACADEMY WORKSHOP DESCRIPTION

- Workshop title: **Managing Cancer and Living Meaningfully (CALM): A Supportive-Expressive Therapy for Individuals and Couples Facing Metastatic and Advanced Cancer**
- Workshop chairs: Gary Rodin MD and Sarah Hales MD, Princess Margaret Cancer Centre, Toronto, Canada
- Length and Language: Full-day workshop. The workshop will be held in English.

Workshop description:

This workshop will provide an overview of the theory and practice of a brief evidence-based supportive-expressive therapy for individuals and couples facing the threat of disease progression and mortality related to metastatic and advanced cancer. It is intended to help individuals and couples manage distress in this situation, to navigate the health care system, to negotiate adjustments in attachment relationships, to reconsider life priorities, and to face the end of life. These problems are universal for those with advanced cancer and CALM has been shown to be generalizable across diverse cultural and national settings. The workshop will be divided into three parts: 1. the theoretical framework of CALM therapy based on attachment and relational theory and existential therapy; 2. the content domains and process of CALM therapy, including mentalization, reflective awareness, affect regulation and the maintenance of attachment security; 3. qualitative and quantitative research findings on the outcome and process of CALM therapy. A unique feature of this workshop is the use of videotaped live sessions from all phases of CALM therapy and of the supervisory process.

Learning objectives:

1. To understand the theoretical foundation and framework of CALM therapy
2. To gain skill in the practice of CALM therapy
3. To become more aware of the evidence regarding the process and outcome of CALM therapy

Target audience: Health professionals of all disciplines who work in psychosocial oncology and/or palliative care. The workshop will be of value both for those who are more junior and for those who have had more advanced training.



Dr Gary Rodin is the University of Toronto/University Health Network Chair in Psychosocial Oncology and Palliative Care and Head of the Department of Supportive Care at Princess Margaret Cancer Centre in Toronto, Canada. Dr. Rodin is also the Director of the Global Institute of Psychosocial, Palliative and End-of-Life Care (GIPPEC) and a Professor of Psychiatry at the University of Toronto. He leads a clinical and research program on the psychosocial dimensions of advanced and terminal disease and on the development and evaluation of novel interventions to improve the quality of life and the quality of dying and death in this population. These integrated psychosocial and palliative interventions include Managing Cancer and Living Meaningfully (CALM), a supportive-expressive psychotherapeutic treatment for patients with metastatic cancer and their caregivers, and an integrated emotion and symptom-focused intervention for individuals diagnosed with life-threatening hematological malignancies of acute onset. Through GIPPEC, a University of Toronto Interdisciplinary Institute based at Princess Margaret, Dr. Rodin has established international partnerships in Europe, Asia, Africa and the Middle East to contribute to global access to palliative and supportive care for patients and families facing advanced disease and the end of life. He has published widely in these areas and is recognized internationally for his efforts to improve the rigor of research and the effectiveness and availability of psychosocial and palliative interventions.



Dr Sarah Hales, MD, PhD, FRCP(C) is a psychiatrist and researcher in the Division of Psychosocial Oncology at the Princess Margaret Cancer Centre in Toronto, Canada. Her research has been funded by the Canadian Cancer Society, the Canadian Institutes of Health Research and Prostate Cancer Canada/Movember. Her clinical and research interests include the end of life experience as it affects both patients and families, and psychotherapeutic interventions aimed at alleviating distress in those facing advanced disease. Together with Dr. Gary Rodin and Dr. Christopher Lo, she has been involved in developing and researching Managing Cancer and Living Meaningfully (CALM), as well as training and supervising health care professionals in delivery of this brief supportive expressive psychotherapy for patients living with advanced cancer.