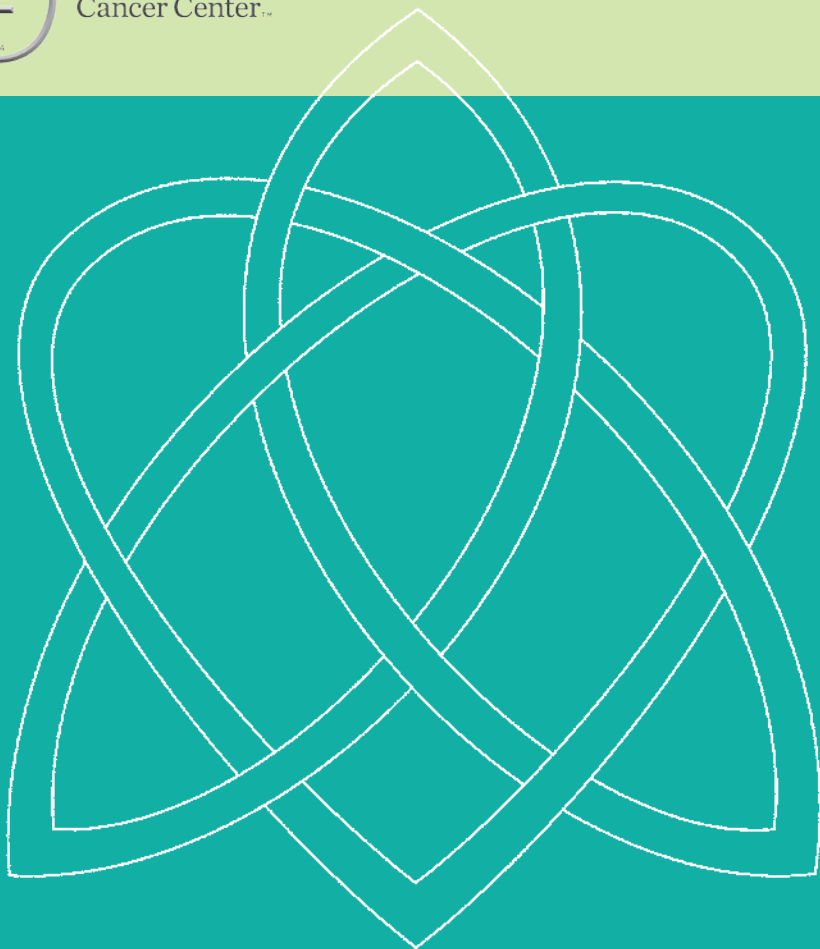




Memorial Sloan Kettering  
Cancer Center.

Is pleased to announce:



An Introduction to

# MEANING-CENTERED PSYCHOTHERAPY

In the Oncology and Palliative Care Setting

Saturday, October 17, 2015

CONFERENCE LOCATION

MEMORIAL SLOAN KETTERING CANCER CENTER  
ROCKEFELLER RESEARCH LABORATORIES BOARD ROOM

NEW YORK

To register or for more information, please go to:

[www.mskcc.org/psycho-oncology](http://www.mskcc.org/psycho-oncology)

# An Introduction to Meaning-Centered Psychotherapy In the Oncology and Palliative Care Setting | 2015

## TARGET AUDIENCE

This course is designed for all psychosocial care providers working in cancer or palliative care settings. Social workers, psychologists, psychiatrists, mental health trainees, as well as oncologists, oncology nurses, palliative care practitioners of all disciplines will find it beneficial.

## COURSE OVERVIEW

**Meaning-Centered Psychotherapy (MCP)**, developed and tested in randomized controlled trials by MSK investigators, represents the major breakthrough in counseling interventions for patients with cancer in several decades. MCP for advanced cancer patients, in both group and individual formats, is highly effective. This course will present a combination of didactics and experiential workshops to introduce the basic concepts and techniques of MCP. Easy to follow Treatment manuals have been published and will be available. Novel adaptations of MCP for Breast Cancer Survivors, Caregivers, and Parents who have lost a child to cancer will also be introduced to course attendees.

## LEARNING OBJECTIVES

1. 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
2. Attendees will become familiar with a structured, didactic and experiential 7 - 8 session intervention for cancer patients aimed at sustaining or enhancing a sense of meaning in the face of advanced illness.
3. Attendees will be introduced to novel adaptations of MCP for cancer survivors, cancer caregivers, and for bereavement.



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# An Introduction to Meaning-Centered Psychotherapy In the Oncology and Palliative Care Setting | 2015

## Saturday, October 17

- 8:00-8:30am REGISTRATION AND BREAKFAST
- 8:30-9:30am Overview of Meaning-Centered  
Psychotherapy for Advanced Cancer Patients  
**William Breitbart MD**
- 9:30-10:30am Meaning-Centered Psychotherapy  
For Cancer Survivors (MCP-BCS)  
**Wendy Lichtenthal PhD**
- 10:30-10:45am COFFEE BREAK
- 10:45-11:30am Meaning-Centered Psychotherapy  
For Cancer Caregivers (MCP-C)  
**Allison Applebaum PhD**
- 11:30am-12:30pm Meaning-Centered  
Grief Therapy (MCGT)  
**Wendy Lichtenthal PhD**
- 12:30-1:30pm LUNCH BREAK
- 1:30-3:00pm **MCP EXPERIENTIAL WORKSHOP - PART I:**  
Meaning & Identity  
**William Breitbart MD, Wendy Lichtenthal PhD  
Allison Applebaum PhD**
- 3:00-3:15pm AFTERNOON BREAK
- 3:15-4:45pm **MCP EXPERIENTIAL WORKSHOP - PART II:**  
Attitude, Responsibility & Legacy  
**William Breitbart MD, Wendy Lichtenthal PhD  
Allison Applebaum PhD**
- 4:45-5:00pm **DISCUSSION**  
Applications of MCP in Clinical Settings



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# An Introduction to Meaning-Centered Psychotherapy In the Oncology and Palliative Care Setting | 2015



**Meaning-Centered Psychotherapy (MCP)**, developed and tested in randomized controlled trials by MSK investigators, represents the major breakthrough in counseling interventions for patients with cancer in several decades. MCP for advanced cancer patients, in both group and individual formats, is highly effective. This course will present a combination of didactics and experiential workshops to introduce the basic concepts and techniques of MCP. Easy to follow Treatment manuals have been published and are available. Novel adaptations of MCP for Breast Cancer Survivors, Caregivers, and Parents who have lost a child to cancer will also be introduced to course attendees. This course provides an overview of “Meaning Centered Psychotherapy” a novel counseling intervention developed by MSK Department of Psychiatry and Behavioral Sciences Chairman, William Breitbart and MSK investigators. It is an adaptation of Viktor Frankl’s Logotherapy developed specifically for cancer patients and empirically shown in several NCI funded RCTs to

be highly effective in improving quality of life, enhancing hope and meaning, and reducing depression, anxiety, despair, and symptom burden distress. Participants will be introduced to the topics of meaning and spirituality as they relate to the oncology and palliative care setting. The basic concepts of Meaning Centered Psychotherapy will be presented and a detailed description of the intervention and the content of each session will be provided.

In this one day course, the morning will consist of didactic lectures describing MCP for advanced Cancer Patients, MCP for Breast Cancer Survivors, MCP for Cancer Caregivers, and MCP Grief Therapy — an intervention for parents who have lost a child to cancer. The use of internet platforms for the delivery of MCP will also be discussed. The afternoon sessions will consist of experiential workshops, facilitated by the course directors, that will allow participants to see the techniques and processes of MCP demonstrated.



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# REGISTRATION

## EARLY\* GENERAL

**\$200**    \$250    MDs, PhDs and DOs

**\$100**    \$150    Residents, Fellows, RNs  
and other healthcare providers

\*Deadline is September 1, 2015.

Registration includes an electronic syllabus and other related hand-out materials, continental breakfast, lunch, and refreshment breaks. Special meals are available upon request, including vegetarian, kosher, or gluten-free. Please let us know if we can assist you with special dietary needs.

To register, please go to:

[www.mskcc.org/psycho-oncology](http://www.mskcc.org/psycho-oncology)

## OFFICE OF CONTINUING MEDICAL EDUCATION

### Memorial Sloan Kettering Cancer Center

633 Third Avenue, 12th floor, New York, New York 10017

**(646) 227-2025** | [brodheap@mskcc.org](mailto:brodheap@mskcc.org)

#### TARGET AUDIENCE

All psychosocial care providers working in cancer or palliative care settings. Social workers, psychologists, psychiatrists, mental health trainees, as well as oncologists, oncology nurses, palliative care practitioners of all disciplines.

#### COURSE DESIGN

This course includes hands-on review of cases which will be intermixed with short didactic lectures.

#### EVALUATION

A course evaluation survey sent out electronically will provide attendees with the opportunity to review the sessions and the speakers and to identify future educational needs.

#### ACCREDITATION STATEMENT

MSK is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### AMA CREDIT DESIGNATION STATEMENT

MSK designates this live activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity. The AMA has determined that physicians not licensed in the United States but who participate in this CME activity are eligible for **7.0 AMA PRA Category 1 Credits™**.

#### FACULTY DISCLOSURE

It is the policy of MSK to make every effort to insure balance, independence, objectivity, and scientific rigor in all continuing medical education activities which it sponsors as an ACCME accredited provider. In accordance with ACCME guidelines and standards, all faculty participating in an activity sponsored by MSK are expected to disclose any significant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services which are discussed by the faculty members in an educational presentation. As required by the ACCME, when an unlabeled use of a commercial product or an investigational use not yet approved for any purpose is discussed during an educational activity, MSK requires the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

#### OUTCOMES MEASUREMENT SURVEY

Six months after the end of the course an Outcomes Measurement Survey will be sent to all participants to help us determine what positive impacts have been made on participant practice as a result of the course.

Please be sure  
to mark your  
calendars for  
upcoming

# 2015 2016 MSK CME COURSES

#### ACCREDITATION STATEMENT

MSK is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

For course updates, follow:

[facebook.com/mskcme](https://www.facebook.com/mskcme)

or on Twitter: [@mskcme](https://twitter.com/mskcme)

## 2015

Thoracic Pathology NYC	September 11-13
Robotics (w/ MDACC)	September 17-18
Endobronchial Ultrasound Interventional Bronchoscopy	September 24-25
Thoracic Surgical Oncology	October 2-3
Oncologic FDG PET/CT	October 9-10
Genetics and Genomics of Gynecologic Cancers	October 15-16
Defining the Actionable Genome	October 16-17
Lymphoid Leukemias	October 18
Dermatology Through the Lens of Medical Informatics	October 22
Dermatologic Care	October 23
Dermoscopy Intermediate	October 23-24
Musculoskeletal Tumor Pathology	October 23-25
Urologic Cancers	October 29-31
Complex Skin Cancers	November 20-22
International Ovarian Cancer	December 4-5

## 2016

Perioperative Care	April 29
Lymphoma	May 13-14

To register or for more information, contact:

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Or register online:

[www.mskcc.org/cme](http://www.mskcc.org/cme)



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