



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

2017 Canadian Association of Psychosocial Oncology  
Pre-Conference Workshop

# Meaning Centered Psychotherapy for Cancer Patients

- by Bill Breitbart MD



**Wednesday May 3, 2017, 8:30am - 12pm**

Pinnacle Hotel Vancouver Harbourside,  
1133 W. Hastings St, Vancouver, BC

This half-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.

**Registration Fee: \$125**

**To register go to:** <http://conference.capo.ca/conference/register/>

**Please note that space is limited so register early!**



Dr. Breitbart is the Chief of Psychiatry service at Memorial Sloan Kettering Cancer Center and Chair of Department of Psychiatry and Behavioral Sciences. He helped establish the American Psycho-Oncology Society and has served as President of both the International Psycho-Oncology Society and the American Academy of Psychosomatic Medicine. He was awarded the Arthur Sutherland Award for Lifetime Achievement in the field of psycho-oncology by the International Psycho-Oncology Society, is a distinguished Fellow of the American Psychiatric Association and is the Editor-In-Chief of the publication, Palliative and Supportive Care.