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
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.
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
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.
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.

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

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
Please be sure to mark your calendars for upcoming MSK CME courses.

### 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

For course updates, follow: [facebook.com/mskcme](http://facebook.com/mskcme) or on Twitter: [@mskcme](http://twitter.com/mskcme)

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