An Intensive Training Program:

MEANING-CENTERED PSYCHOTHERAPY
FOR CANCER CARE PROVIDERS

Department of Psychiatry and Behavioral Sciences
Memorial Sloan Kettering Cancer Center

Sponsored by NCI Cancer Research Education Grants Program (R25 Grant # 1R25CA190169).

Contact PsyTrainMCP@mskcc.org for training dates.
What is MEANING-CENTERED PSYCHOTHERAPY?

Meaning-Centered Psychotherapy (MCP) is a manualized 7 or 8 session psychotherapeutic intervention to help patients suffering with loss of meaning around illness. It is designed to help diminish feelings of despair that can be associated with cancer by helping patients to focus on the importance of creating, reconnecting with, experiencing, and sustaining meaning in life.

The MCP approach is inspired primarily by the works of Viktor Frankl. Researchers at Memorial Sloan Kettering have adapted these concepts to create the manualized MCP intervention, which has been empirically validated and is adaptable to both group and individual therapy formats. Therapists providing MCP work to help broaden the scope of possible sources of meaning through a combination of didactic teaching, experiential exercises, homework assignments, open-ended discussion, and interpretative comments. These practices help to promote emotional expression and facilitate patients’ adoption of a meaning-focused perspective.

What is the MCP TRAINING PROGRAM?

The MCP Training Program at Memorial Sloan Kettering is made possible by a NCI grant (#1 R25 CA 190169). All trainees will participate in an intensive two-day training, and a one year of follow-up training program. Participants will be registered as research participants and asked to complete four follow-up surveys about their use of MCP following the training. An optional patient implementation phase is available for eligible trainees. Applicants must meet eligibility criteria to participate.

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PROGRAM OVERVIEW

Meaning-Centered Psychotherapy (MCP) is a brief structured, didactic, and experiential intervention for cancer patients aimed at sustaining or enhancing a sense of meaning in the face of illness. This training program will teach clinicians the techniques, concepts, and delivery of MCP utilizing a combination of didactics, experiential exercises, and role-plays with actors to gain proficiency in MCP. There will be opportunities for follow-up training and case consultations. Treatment manuals and other training resources will be provided.

TARGET AUDIENCE
This two-day intensive course is designed for psychosocial care providers working in cancer, medical or palliative care settings, particularly psychologists, psychiatrists, social workers, and other mental health providers.

LEARNING OBJECTIVES
Trainees will learn the concepts, skills and techniques of MCP. Attendees will gain competency in delivering MCP to patients.

PROGRAM DESIGN
This training program will teach clinicians the techniques, concepts, and delivery of MCP utilizing a combination of didactics, experiential exercises, and role-plays with actors to gain proficiency in MCP. There will be opportunities for follow-up training and case consultations.

MSK Faculty

William Breitbart MD
COURSE DIRECTOR

Allison Applebaum PhD

Katherine DuHamel PhD

Wendy Lichtenthal PhD

Hayley Pessin PhD
DAY 1 | Sample Agenda

8:30 AM   BREAKFAST & PRE-TRAINING ASSESSMENT

9:00 AM   Welcome & Overview of Meaning-Centered Psychotherapy (MCP)

9:15 AM   Introduction to MCP

10:30 AM  BREAK

10:45 AM  Introduction to the MCP Manual

11:30 AM  Experiential Exercises: MCP Sessions 1 & 2

1:00 PM   MEANINGFUL MUSIC LUNCH

2:00 PM   MCP Session Example & Legacy Projects

3:15 PM   BREAK

3:30 PM   Small Group Role Plays: MCP Session 3

4:45 PM   Program Evaluation & Wrap Up

5:00 PM   ADJOURN
DAY 2 | Sample Agenda

8:30 AM    BREAKFAST
9:00 AM    Introduction to MCP - Day 2
9:15 AM    Adaptations of MCP
10:30 AM   BREAK
10:45 AM   Small Group Role Plays: MCP Session 4
12:00 PM   MEANINGFUL MUSIC LUNCH
12:45 PM   What Happens Next & Responsible Conduct of Research
2:00 PM    Small Group Role Plays: MCP Session 5
3:15 PM    BREAK
3:30 PM    Experiential Exercises: MCP Sessions 6 & 7
4:45 PM    Program Evaluation & Wrap Up
5:00 PM    ADJOURN
REGISTRATION DETAILS
Registration is complimentary for accepted applicants. The two-day intensive trainings are held throughout the year and applications are reviewed on a rolling basis. Please email PsyTrainMCP@mskcc.org for more information.

Registration includes breakfast, lunch and refreshment breaks. Participants will be eligible to receive a small travel stipend.

ACCREDITATION STATEMENT
Memorial Sloan Kettering Cancer Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
Memorial Sloan Kettering Cancer Center designates this live activity for a maximum of 13.75 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Memorial Sloan Kettering Cancer Center is authorized to provide Social Work CE.

PROGRAM ASSESSMENT
An assessment of the participants’ MCP skills and goals will be conducted during the two-day training. A outcomes measurement survey will also be sent to all participants on a quarterly basis for a year post-training in order to assess participants’ MCP skills, implementation in practice, and achievement of training goals. Eligible participants may also have the opportunity to submit treatment data on the impact of MCP training on patients.

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.

PROGRAM LOCATION & CONTACT
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