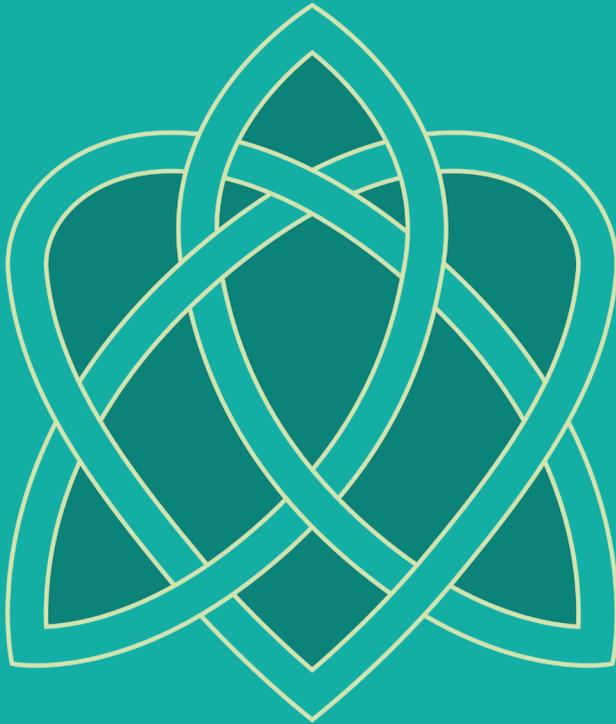


An Intensive Virtual Training Program

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.



Memorial Sloan Kettering
Cancer Center

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, 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.



Join the conversation: #MSKMCP

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.



MSK COURSE DIRECTOR

William Breitbart, MD

MSK PLANNING COMMITTEE

Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Patricia Parker, PhD
Hayley Pessin, PhD
Yassmin Simmonds

MSK COURSE FACULTY

Michael Hoyt, PhD
Laura C. Polacek, MA
Kailey Roberts, PhD
Rebecca Saracino, PhD



PRE-TRAINING VIDEOS

To be completed in advance of the 2-day intensive training program.

60 MIN.

VIDEO LECTURE

Introduction to Meaning-Centered Psychotherapy

William Breitbart, MD

60 MIN.

VIDEO DEMONSTRATION

MCP Session Example

Hayley Pessin, PhD

30 MIN.

VIDEO LECTURE

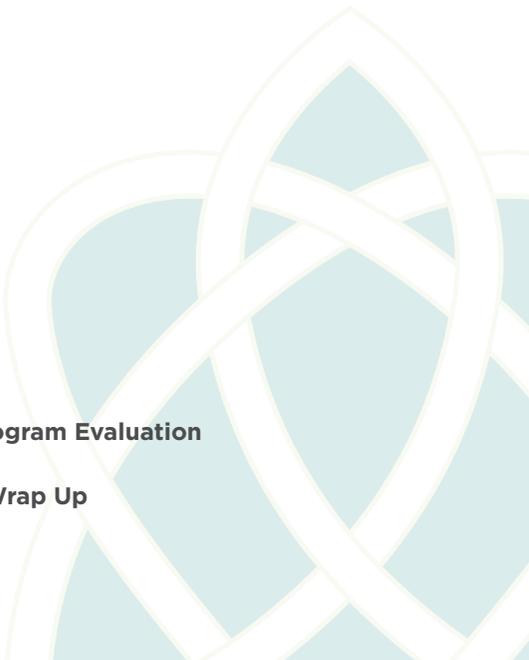
Responsible Conduct of Research

Rebecca Saracino, PhD



DAY 1 (LIVE VIRTUAL)

All times are U.S. Standard Time

- 8:45 AM Virtual Program Sign-in
- 9:00 AM **Welcome and Introductions**
All MCP Facilitators & Staff
- Overview of MCP Training Day, Materials & Format**
Hayley Pessin, PhD
- Introduction to MCP Discussion**
William Breitbart, MD
- Name that Meaningful Tune**
Laura C. Polacek, MA
- 10:30 AM Break
- 10:45 AM **MCP Manual Overview**
Kailey Roberts, PhD
Hayley Pessin, PhD
- 11:45 AM **MEANINGFUL MUSIC LUNCH**
- 12:30 PM **Session 1 & 2 - Experiential Exercises**
Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Kailey Roberts, PhD
- 2:00 PM Break
- 2:15 PM **Introduction to Role Plays**
Hayley Pessin, PhD
- 2:30 PM **Session 3 Role Play**
William Breitbart, MD
Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Kailey Roberts, PhD
Michael Hoyt, PhD
- 4:00 PM Break
- 4:15 PM **Complete Training Day Program Evaluation**
- 4:30 PM **Question and Answers & Wrap Up**
All MCP Facilitators
- 5:00 PM Adjourn
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DAY 2 (LIVE VIRTUAL)

All times are U.S. Standard Time

8:45 AM Virtual Program Sign-in

9:00 AM **MCP in Practice: Groups, Best MCP Practices & Adaptations**
Hayley Pessin, PhD

10:00 AM Break

10:15 AM **Session 4 Role Play**
William Breitbart, MD
Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Kailey Roberts, PhD
Michael Hoyt, PhD

11:45 AM **MEANINGFUL MUSIC LUNCH**

12:30 PM **Session 5 Role Play**
William Breitbart, MD
Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Kailey Roberts, PhD
Michael Hoyt, PhD

2:00 PM Break

2:15 PM **MCP 6 & 7 - Experiential Exercises**
Allison Applebaum, PhD
Wendy Lichtenthal, PhD
Kailey Roberts, PhD

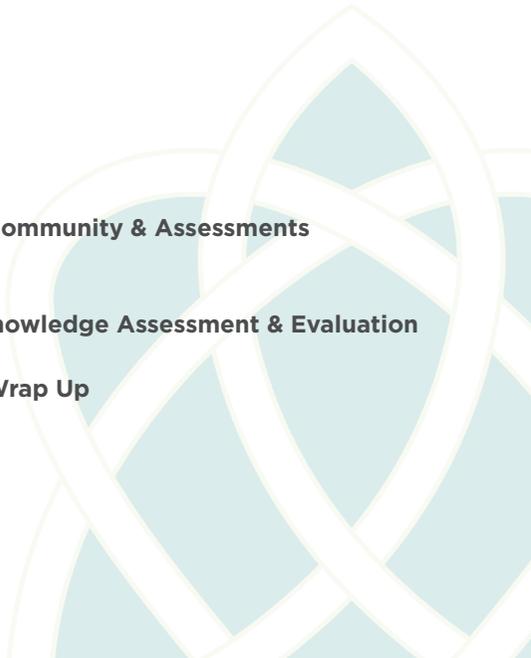
3:15 PM Break

3:30 PM **What Happens Next:
Follow-up Training, MCP Community & Assessments**
Hayley Pessin, PhD

4:00 PM **Complete Post-Training Knowledge Assessment & Evaluation**

4:15 PM **Question and Answers & Wrap Up**
All MCP Facilitators

5:00 PM Adjourn



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.

ACCREDITATION STATEMENT

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

AMA CREDIT DESIGNATION STATEMENT

Memorial Sloan Kettering designates this other activity (pre-course training modules and live activity) for a maximum of **15.50 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

SOCIAL WORK ACCREDITATION STATEMENT*

This presentation is approved for a maximum of **15.50 Continuing Education Contact Hours** of live in-person and virtual training. Memorial Sloan Kettering Cancer Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0228.

*Please check with the licensing board in your state for guidance on their acceptance of the credit types offered for this course as designated in the accreditation statement above prior to registering.

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 provides as an ACCME accredited provider. In accordance with ACCME guidelines and standards, all faculty participating in an activity provided 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.