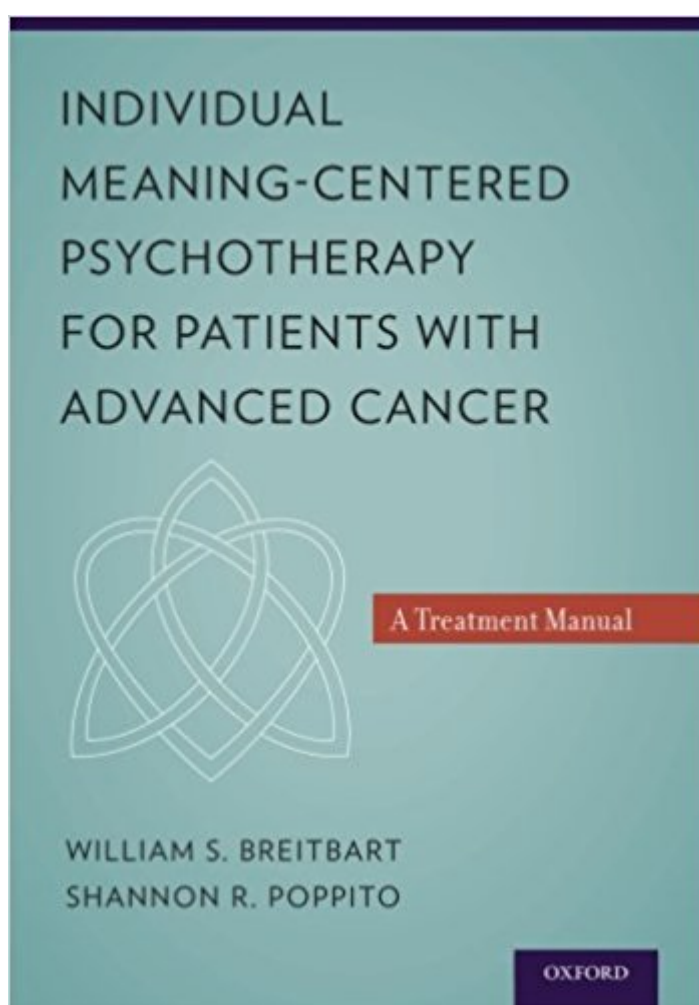


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# Individual Meaning-Centered Psychotherapy For Patients With Advanced Cancer: A Treatment Manual



## Synopsis

The importance of spiritual well-being and the role of "meaning" in moderating depression, hopelessness and desire for death in terminally-ill cancer and AIDS patients has been well-supported by research, and has led many palliative clinicians to look beyond the role of antidepressant treatment in this population. Clinicians are focusing on the development of non-pharmacologic interventions that can address issues such as hopelessness, loss of meaning, and spiritual well-being in patients with advanced cancer at the end of life. This effort led to an exploration and analysis of the work of Viktor Frankl and his concepts of logotherapy, or meaning-based psychotherapy. While Frankl's logotherapy was not designed for the treatment of patients with life-threatening illnesses, his concepts of meaning and spirituality have inspired applications in psychotherapeutic work with advanced cancer patients, many of whom seek guidance and help in dealing with issues of sustaining meaning, hope, and understanding cancer and impending death in the context of their lives. Individual Meaning-Centered Group Psychotherapy (IMCP), an intervention developed and rigorously tested by the Department of Psychiatry & Behavioral Sciences at Memorial Sloan-Kettering Cancer Center, is a seven-week program that utilizes a mixture of didactics, discussion and experiential exercises that focus around particular themes related to meaning and advanced cancer. Patients are assigned readings and homework that are specific to each session's theme and which are utilized in each session. While the focus of each session is on issues of meaning and purpose in life in the face of advanced cancer and a limited prognosis, elements of support and expression of emotion are inevitable in the context of each group session. The structured intervention presented in this manual can be provided by a wide array of clinical disciplines, ranging from chaplains, nurses, palliative care physicians, to counselors, psychotherapists, social workers, graduate psychology students, psychologists and psychiatrists.

## Book Information

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## Customer Reviews

"Unlike so much literature on existential psychotherapy with its grand theories, this book shows how to work with dying patients step by step. Readers will be rewarded with a new-found confidence when working with dying patients. Weighted Numerical Score: 100 - 5 Stars!" -- Doody's Health Sciences Review

WB: Chair, Department of Psychiatry and Behavioral Sciences; Chief, Psychiatry Service, Memorial Sloan Kettering Cancer Center; SP: Psychologist, City of Hope National Medical Center

I have purchased both this book and its companion for group therapy. They are approximately 90 percent the same content and I highly recommend you save your money and only purchase one or the other. Additionally, these books are extremely small and consist of workbook pages at the end. The authors ask you to copy and print the handout materials in the books for clinical use, but the page size is smaller than standard 8 1/2 X 11 and has a smaller font! No mention of the handout materials being available through the publisher as clinical text resources often do. I love the research, the premise, and the information but for this amount of money, I expect a book not a pamphlet essentially, and the ability to reasonably print the handouts.

What's not to love? Breitbart knows his stuff and this is a great resource for anyone working with hospice or end of life patients.

This book was recommended by the therapist at the Cancer Center I have doctored with for 13 years. We are starting a Cancer Care Support Group at our Church and she felt it was an important book for us to have and read. She was right! I expect it will be very much a go to resource as we journey with the patients and caregivers along the way . Recommend highly !

This is the first evidence based individual counseling intervention shown to be effective in

randomized controlled trials to reduce distress and existential despair in patients with cancer. This treatment manual is an invaluable asset to all clinicians who are involved in treating the psychosocial aspects of cancer care including palliative care. The manual is simple, structured and detailed enough so that a clinician can pick up the manual and begin treating patients right away. The intervention is flexible and highly effective. Professionals are encouraged to read the clinical trials demonstrating efficacy, however the manual has an extensive introductory section describing the evidence-base. As well as the theoretical framework of meaning-centered psychotherapy. Readers who are familiar with Viktor Frankl's logotherapy will welcome this manual as a scientifically proven adaptation of logotherapy applied to the cancer population. Dr. Breitbart, Chairman of the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center has created an intervention and authored a treatment manual that has moved the field of psycho-oncology a great leap forward.

I am a psychosomatic medicine psychiatrist. I work with patients who have terminal liver diseases by doing psychiatric evaluations and treatment. Meaning Centered Psychotherapy has been very helpful for me to provide support to patients with end stage cirrhosis. The anxiety around a liver transplant and the evaluations for transplant candidacy and the uncertainty of the outcome can be very stressful. For that, meaning centered psychotherapy has become an essential tool in my daily practice.

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