



UNIVERSITÀ DEGLI STUDI DI TORINO

Dipartimento di Neuroscienze "Rita Levi Montalcini"
Dipartimento di Psicologia

Gestito da:
COREP



Master in
CURE PALLIATIVE E TERAPIA DEL DOLORE
PER PSICOLOGI



LETTURA

Meaning – Centered Psychotherapy: Treating Despair at the End of Life



Mercoledì 30 giugno 2021
Ore 15:00 – 18:00

Link per il collegamento online sulla piattaforma Webex:

<https://unito.webex.com/unito/j.php?MTID=mfefd5c53ae1bf0162625b2c24c6d3af3>

Nell'ambito della IV Edizione del Master di II livello in Cure Palliative e Terapia del Dolore per Psicologi del Dipartimento di Neuroscienze dell'Università degli Studi di Torino, avrà luogo una lettura del Prof. William Breitbart sulla Meaning – Centered Psychotherapy dedicata a pazienti alla fine della vita.

L'evento formativo è gratuito ed aperto a tutti gli interessati alla tematica trattata.

Seguono le presentazioni del Prof. Breitbart e della lettura.

Segreteria Scientifica

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Master in CURE PALLIATIVE E TERAPIA DEL DOLORE PER PSICOLOGI



William Breitbart, M.D. is Chairman, The Jimmie C. Holland Chair in Psychiatric Oncology, and Attending Psychiatrist, Psychiatry Service in the Department of Psychiatry & Behavioral Sciences, Memorial Sloan Kettering Cancer Center, New York, NY. He is recipient of the International Psycho-Oncology Society's (IPOS) 2009 Sutherland Lifetime Achievement Award and 2019 Jimmie Holland Award for lifetime contributions to psychiatric oncology; the Academy of Psychosomatic Medicine's 2011 Hackett Lifetime Achievement Award; the American Psychosocial

Oncology Society's (APOS) 2013 Distinguished Leadership Award; and the American Cancer Society's 2017 Trish Greene Quality of Life Award. Dr. Breitbart also served as President Emeritus of IPOS. Dr. Breitbart's research efforts focus on psychiatric aspects of cancer and palliative care. His most recent efforts focus on Meaning-Centered Psychotherapy for cancer patients, an "NCI designated Research Tested Intervention" for end of life despair. He has had continuous NIH RO1 funding of investigator initiated research since 1989. Dr. Breitbart was PI of the "Network Project, NCI R25 grant (1992-98) which trained clinicians in cancer pain management and psycho-oncology. He is currently PI of R25 CA190169 which is training a national cohort of cancer care clinicians in Meaning Centered Psychotherapy. He has over 500 peer review publications, chapters and review papers, and 12 textbooks including: *Psycho-oncology - 1st, 2nd, 3rd, and 4th Editions*; *Psychosocial Palliative Care*; *Handbook of Psychiatry in Palliative Medicine - 1st and 2nd Editions*; and the treatment manuals for *Meaning-Centered Group Psychotherapy in Advanced Cancer Patients*; and *Individual Meaning-Centered Psychotherapy for Advanced Cancer Patients*; and *Meaning-Centered Psychotherapy in the Cancer Setting* from Oxford University Press. Dr. Breitbart is Editor-in-Chief, of Cambridge University Press' international palliative care journal entitled, "*Palliative & Supportive Care*".

This lecture provides an overview of existential issues in end of life care, with an emphasis of the important role of "meaning". A novel counseling intervention for patients with advanced cancer, entitled "Meaning Centered Psychotherapy (MCP)" will be described. The basic concepts of Meaning Centered Psychotherapy will be described. Two forms of MCP have been developed: Meaning Centered Group Psychotherapy and Meaning Centered Psychotherapy. A detailed description of the interventions and the content of each session will be provided.

Both interventions are manualized and several randomized controlled trials have been conducted. The results of these studies will be presented which demonstrate that MCP enhances spiritual well being and meaning, improves quality of life, decreases depression, anxiety, hopelessness and desire for hastened death. In addition, adaptations of Meaning-Centered Psychotherapy for bereavement, cancer survivors, cancer caregivers, and adolescents with cancer will be described.

