

Using CBTm Principles to Promote Resilience and Hope in Patients with Cancer

Irene Maendel, MA-C, CCC, RSW,
Psychosocial Oncology Clinician (PSO),
Cancer Navigation Services
SouthernHealth Sante'Sud

Presenter Disclosure

- **Faculty/Speaker:** Irene Maendel, MA-C, CCC, RSW,
- **Employer:** Southernhealth Santa Sud

- **Relationships with financial sponsors:**

- Received the Community Oncology Professional Development Awards (CCMF) 2020

Mitigating Potential Bias

No potential bias to disclose.

Professional practice influenced by applied social sciences.

Objectives

- Briefly describe the development of the CBTm Program.
- Describe how beliefs, thoughts, feelings and behaviours can influence the cancer experience.
- Explain how CBTm can be used to promote resilience and hope in the cancer population.

www.CBTm.ca



University
of Manitoba

The Vision

Increase access to Cognitive Behavior Therapy (CBT) for prevention and treatment of mental health and substance use problems.



The CBTm Leadership Team: Jitender Sareen, MD FRCPC; Natalie Mota, PhD; Tanya Sala, MD FRCPC; Jolene Kinley, PhD; Cheryl Maxsom, MSW; Jacquelyne Wong, PhD; Shay-Lee Bolton, PhD; Debbie Whitney, PhD

CBTm.ca: <https://cbtm.ca/>

Cognitive Behavioural Therapy with Mindfulness In Cancer Care.

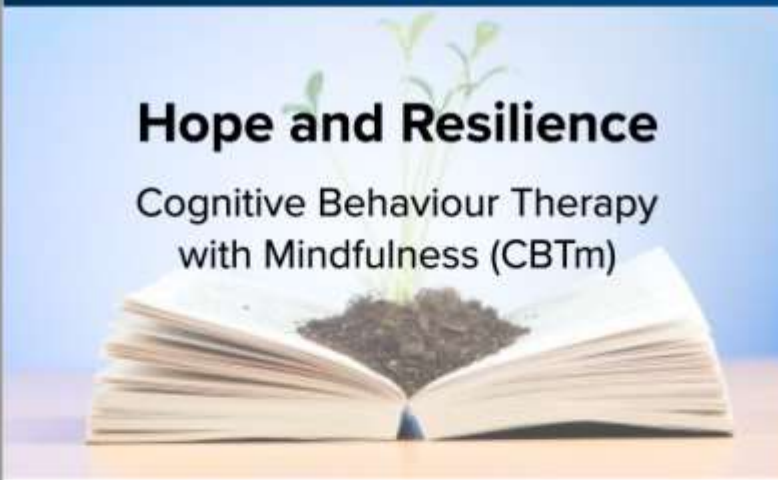
Feb 2020 - CBTm initial trial in cancer population

Hope and Resilience: CBTm in Cancer Care

Why CBTm for Cancer Patients and their care providers

<https://cbtm.ca/facilitator-class-materials/>

Fostering Hope and Resilience through CBTm – 6 Session Series





Hope and Resilience
Cognitive Behaviour Therapy
with Mindfulness (CBTm)

A 6-week education program for cancer patients and support people to learn new skills to manage stress, anxiety and depression.

Online classes offer time to practice skills with the help and guidance of professional counsellors.

To register, call Patient and Family Support Services
204-787-2109 or 1-866-561-1026

1. CBTm Model
2. Behaviour Activation
3. Health Anxiety/Fear of Recurrence
4. Healthy living
5. Problem Solving
6. Responding to stress and wellness plan

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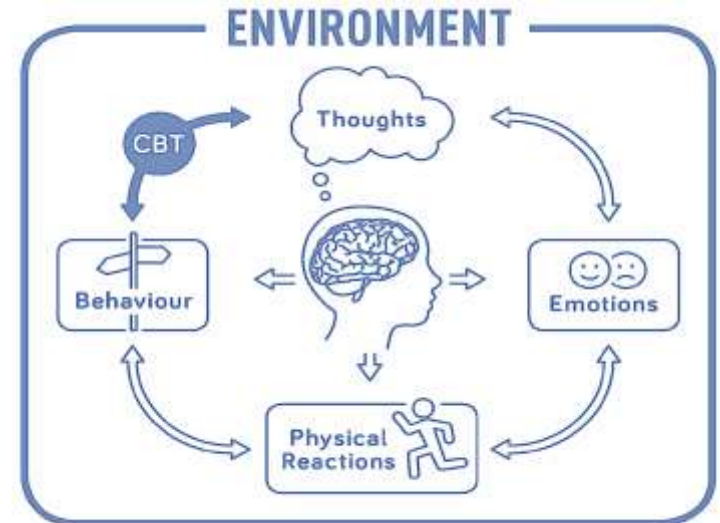
CBTm Session 1

The CBTm Model

- CBT
- Mindful = awareness in the present moment
- Mindfulness Practices = brain training
- Relaxation Strategies
- Cognitive Restructuring

<https://doi.org/10.1126/sciadv.abk3316>

<https://www.ncbi.nlm.nih.gov>



Thinking Traps

- **Overgeneralization** People who overgeneralize often use words like "always" or "never."
- **All or Nothing Thinking** (Black-and-white thinking) Seeing things in extremes
- **Fortune Telling** Discarding positive experiences despite the evidence
- **'Should' statements** Directing yourself or others with unrealistic "shoulds"
- **Mind-reading** Assuming others' thoughts and intentions
- **Catastrophic Thinking** Exaggerating the importance of negative things, believing the worst-case scenario

Examples

- I had so many side effects from chemo. This means I will also react poorly to radiation.
- The treatment is worse than the disease. Chemo will kill me. Bad things always happen to me.
- My test results show that the treatment is working, but I know the cancer probably return
- I should be able to handle this without getting upset and crying! I should have been able to go back to work last month.
- My oncologist is not telling me the **WHOLE** story because they think I cannot handle the truth
- My oncologist says the treatment is going well but know the treatment's not going to work.

CBTm Session 2

Behaviour Activation



CBTm COGNITIVE BEHAVIOUR THERAPY
WITH MINDFULNESS

CBTm Session 3

Fear of Recurrence

CBTm talk: Fear of Recurrence

Patient presents with complaint about pain “all over” “all the time”. Despite the professional judgement of their physician and positive response to treatment the patient keeps calling the doctors office to insists on running more diagnostics. Your professional experience allows you to assume fear of recurrence.

How do you respond?

CBTm Session 4

Healthy Living

➤ Sleep

➤ Nutrition

➤ Substance use

➤ Exercise

CBTm Session 5

Problem Solving

➤ Anger Management

➤ Assertiveness

➤ Self-compassion

CBTm Session 6

Responding to Stress



- 1** Understanding the stress response
- 2** Common Thinking Traps
- 3** Common Behavioural Responses
- 4** Self-Compassion

Take Home Messages

- Professionals can apply CBTm principles to promote resilience and hope in the cancer population.
- Beliefs, thoughts, feelings and behaviours can influence the cancer experience.
- CBT with Mindfulness skills can improve the cancer experience.

Thank you!

References:

CBTm.ca: <https://cbtm.ca/>

National Cancer Institute: <https://www.cancer.gov/>

Science advances: <https://www.science.org/doi/10.1126/sciadv.abk3316>