

Day 3



Welcome!

The training will begin at 1pm- we're so excited!

Please introduce yourselves (full name and license type for CEUS) in the chat box



MAYBE WHO WE ARE
ISN'T SO MUCH
ABOUT WHAT
WE DO, BUT RATHER
WHAT WE'RE
CAPABLE OF WHEN
WE LEAST
EXPECT IT
-JODI PICOULT

Treatment Phase- Survival Mode/Set it aside for later

- Acute response to diagnosis (new and recurrent), dif from maintenance
- Compartmentalizing is crucial, focus on what's absolutely necessary
- When patients feel a strong connection to their treatment team, they:
 - Have contingency plans for just about any curveball they experience during active treatment
 - Are continuously monitoring patients for how they and their body are managing with the interventions

The Patient Experience... Containment

- While this phase is emotional, it is likely a time when our client's feel:
 - Empowered,
 - Supported,
 - Connected AND
 - They have a PLAN
- Gratitude & loss- who shows up and who disappears

Sleep-the first casualty

- Importance of assessing for sleep disruption
- **Normalize** sleep disruption during stressful life events
- Many medications interfere with sleep
- Teach sleep hygiene
- Refer to treating physician for short term medication if pt is suffering
- Use ACT skills-
 - Defusion
 - Mindfulness
 - Noticing stories about sleep

Supporting clients through the treatment phase

Exploration of new skills, Acceptance (be thoughtful of bargaining & depression)

- openness to learning and developing new skills,
- manage expectations, in an active adjustment phase so the bumps in the road will be there;
- support the openness to acceptance and healthy adjustment by reminding clients of resources available to them, often more capable of engaging in opportunities to connect with other patients in similar circumstances

Art Therapy for Supporting the Treatment Phase

- Finding the present moment
- Expressing the thoughts and feelings as they arise
- Supporting feelings of strength and empowerment while improving capacity to tolerate stress
- Focus on the influence each person has, to see what is possible, today, in this moment
- Leaving space for the changes that treatment inserts into your life

Art Therapy Experiential- Cellular Meditation

- Inspired by the book Biology of Belief by Bruce Lipton
- A gentle way to connect with the body, one cell at a time
- Focuses on influence, not control
- Mandala- start w/ guided meditation of “what is”- body scan,
- Then represent what was observed on paper
- Separate Mandala or on the same one- “what do my cells need”
- Finish by giving a title, writing words that describe the piece



in meditation



Breakout Session

2017 Study w/ Art Therapy & Radiation Oncology

- Patients monitored with surveys of psychological functioning before & after
- Reported feeling more positive, less stressed, less anxious, and more self-confident.
- Sessions described as one of the few moments of respite from their hectic treatment schedule, and they appreciated the time and space to reflect on their experiences.
- Caregivers reported feeling less burnout. Many responded that the experience distracted them from their daily concerns and allowed them to focus elsewhere.
- For many the first time to process the psychological and existential challenges of dealing with cancer.

Additional Studies have shown Art Therapy to

- Help reduce pain, decrease symptoms of stress and improve quality of life in adult cancer patients.
- Improved ability to deal with pain and other frightening symptoms in children with cancer.
- Reduced stress and anxiety in children with asthma.
- Stimulated mental function in older adults with dementia.
- Indicated a reduction in depression in Parkinson's patients.

ACT for Coping with Health Conditions

Research continues to be conducted on using ACT to support patients a variety of medical conditions including cancer, diabetes and epilepsy. ACT has shown positive outcomes in managing co-morbid:

- Depression associated with cancer and diabetes
- Quality of Life outcomes
- Chronic pain
- Chronic disease management

Fundamentals of ACT (Acceptance and Commitment Therapy)

- Be present
 - Dropping anchor, mindfulness, thought watching
- Opening up
 - defusion and expansion
- Doing what matters
 - Values and committed action
- Self-compassion

Values

- Things that are important and meaningful in our lives
- Connecting to values is not always enjoyable
- Like a compass-which direction do you want to take? What keeps you going when the going is rough?
- Desired qualities-what kind of person do I want to be?
- Different than goals-deep down, what matters?
- What gives a sense of purpose in life?

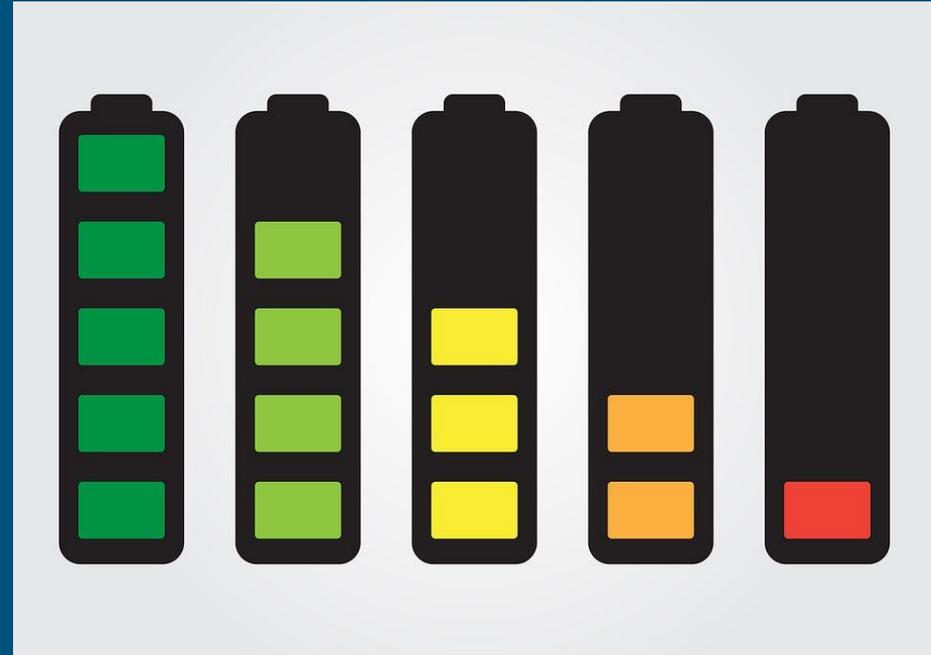
Exercise-Charge your batteries pt 1

Consider each life domain:

- Imagine what specifically *matters* to you in each domain? Which domains are important right now? Which are less important?
- Notice reward, reinforcement and meaning
- Notice if your mind has a story about what “should” be important
- Notice if any of the values bring up painful thoughts or feelings

Exercise-Charge your batteries pt 2

- In the outer boxes place your rating of 1-10 of how much importance this domain has in your life
- In the inner boxes, place your rating of how much meaning you have gotten from each domain in the past two weeks
- Domains with a large difference between the two numbers show us areas of our lives where we might want to pay more attention or push past discomfort

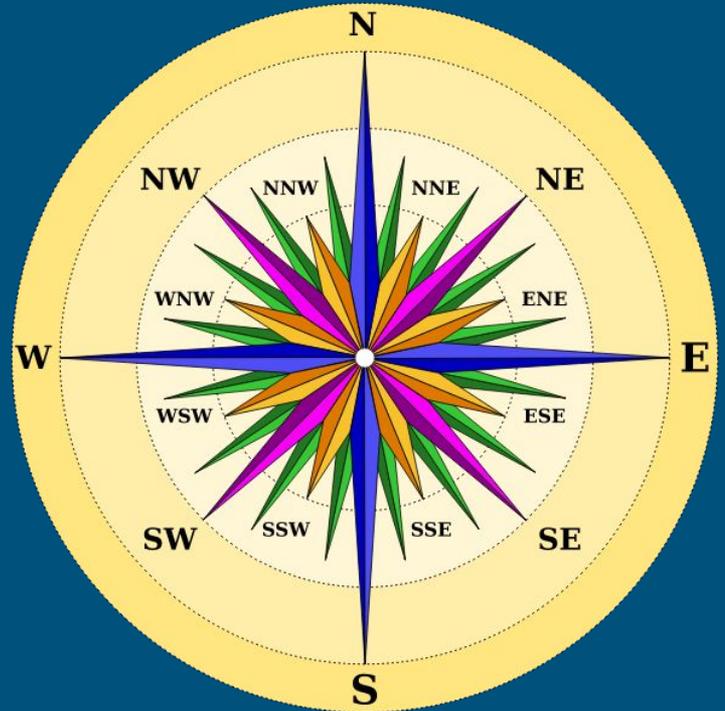


Breakout session



Committed Action

- Taking action, guided by your values, even if it feels difficult or uncomfortable
- Standing for the things you value, even in the face of pain
- Can be the hardest part of living a life that matters
- Practice diffusion and acceptance during this process



ACT exercise-Opening up



- Observe
- Breathe
- Expand
- Allow
- Objectify
- Normalize
- Show self-compassion
- Expand awareness

Barriers to Action

- Unclear goals
- Emotional goals: wanting to feel a certain way
- “I’ll try, but...”
- “But it makes me feel scared, bad, anxious...”
- “I don’t know how”
- Wanting to stop something rather than do something

Goals charts can help-see your packet materials

Values-based goals

Based on what we value rather than on what we “should” do

- Use smart goals
 - Specific, meaningful, adaptive, realistic, time-framed
- Ask the question: if no one was noticing would I still do this?
- Identify the benefits and hurdles
- Commit-write it down, tell someone else, take action
- What is the smallest possible step toward meaningful action?

Q & A Time
