

*Psychiatry Grand Rounds*  
**WCM Department of Psychiatry**  
Psychology CE Announcement

**“Meaning-Centered Psychotherapy for Cancer Patients”**

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**Wednesday, September 21st, 2022**  
**11:00am – 12:30pm**  
**Via Zoom**

\*1.5 CE credits available to full time and voluntary faculty psychologists who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

**SPEAKER:** Dr. Breitbart has a licensing and royalty agreement with Blue Note Therapeutics for Meaning Centered Psychotherapy Digital Therapeutic App. He accepts royalties from Meaning Centered Psychotherapy Manuals and Textbook from Oxford University Press. Dr. Breitbart DOES NOT intend to discuss off-label or investigational use of products or services.

**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 13 textbooks including: *Psycho-oncology - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Editions*; *Psychosocial Palliative Care*; *Handbook of Psychiatry in Palliative Medicine - 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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*".

**Abstract:**

This plenary 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 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.

**Learning Objectives:**

1. Become familiar with the concept of spirituality as a construct composed of faith and/or meaning.
2. Understand the importance of meaning, as a component of spiritual well-being, and its relationship to depression, hopelessness and desire for death.
3. Describe a structured, didactic and experiential 8 session intervention for advanced cancer patients aimed at sustaining or enhancing a sense of meaning in the face of terminal illness.

**References:**

1. Breitbart W, Rosenfeld B, Gibson C, Pessin H, Poppito S, Nelson C, Tomarken A, Kosinski Timm A, Berg A, Jacobsen C, Sorger B, Abbey J, Olden M. Meaning-centered group psychotherapy for patients with advanced cancer: a pilot randomized controlled trial. *Psycho-oncology* 19, 21-28, 2010. PMID: PMC3648880
2. Breitbart W, Poppito S, Rosenfeld B, Vickers AJ, Li, Y, Abbey J, Olden M, Pessin H, Lichtenthal W, Sjoberg D, Cassileth BR. A pilot randomized controlled trial of Individual Meaning-Centered Psychotherapy for patients with advanced cancer. *J Clin Oncol.* 30: 1304-1309, 2012. PMID: PMC3646315
3. Breitbart W, Rosenfeld B, Pessin H, Lichtenthal W, Applebaum A, Kulikowski J. Meaning-Centered Group Psychotherapy: An effective intervention for reducing despair in patients with advanced cancer. *J Clin Oncol* 33(7):749-54, 2015.
4. Meaning Centered Group Psychotherapy Treatment Manual. Breitbart W, Poppito S. Oxford University Press, New York, 2014.
5. Individual Meaning Centered Psychotherapy For Patients with Advanced Cancer: A Treatment Manual. Breitbart W, Poppito S. Oxford University Press, New York, 2014.