

MEANING-CENTERED GROUP PSYCHOTHERAPY FOR PATIENTS WITH ADVANCED CANCER

A Treatment Manual

WILLIAM S. BREITBART
SHANNON R. POPPITO

OXFORD

Meaning-Centered Group Psychotherapy for Patients with Advanced Cancer

A Treatment Manual



WILLIAM S. BREITBART, MD

Interim Chairman

Chief, Psychiatry Service, Department of Psychiatry and Behavioral Sciences

Attending Psychiatrist, Pain & Palliative Care Service, Department of Neurology

Memorial Sloan-Kettering Cancer Center

Professor of Clinical Psychiatry, Department of Psychiatry

Weill Medical College of Cornell University

New York, New York

SHANNON R. POPPITO, PHD

Clinical Psychologist/Behavioral Health Consultant

Behavioral Health Optimization Program

Los Angeles Air Force Base

61st Medical Squadron

Los Angeles, California

OXFORD
UNIVERSITY PRESS

Contents

Acknowledgments	<i>ix</i>
Preface	<i>xi</i>
Introduction: Meaning-Centered Group Psychotherapy Treatment Overview for Therapists	<i>xxiii</i>
Session 1. Concepts and Sources of Meaning: Introductions and Meaning	<i>1</i>
Session 2. Cancer and Meaning: Identity before and after Cancer Diagnosis	<i>13</i>
Session 3. Historical Sources of Meaning: "Life as a Legacy" That Has Been Given	<i>19</i>
Session 4. Historical Sources of Meaning: "Life as a Legacy" That One Lives and Will Give	<i>25</i>
Session 5. Attitudinal Sources of Meaning: Encountering Life's Limitations	<i>31</i>
Session 6. Creative Sources of Meaning: Creativity, Courage, and Responsibility	<i>39</i>
Session 7. Experiential Sources of Meaning: Connecting with Life through Love, Beauty, and Humor	<i>47</i>
Session 8. Transitions: Final Group Reflections and Hopes for the Future	<i>55</i>
References	<i>61</i>
Handouts	<i>63</i>
Homework/Experiential Exercises	<i>71</i>
Index	<i>83</i>