

SUPPORTIVE-EXPRESSIVE GROUP THERAPY:

A Treatment Manual of Psychosocial Intervention

For Women With Recurrent Breast Cancer

David Spiegel, MD

and

James Spira, PhD, MPH

Psychosocial Treatment Laboratory
Breast Cancer Intervention Project
Stanford University School of Medicine
Department of Psychiatry and Behavioral Sciences
Stanford, CA 94305

TABLE OF CONTENTS

I) Introduction	1
Introduction to Manual-guided Therapy	2
A) Goals Of This Manual	3
Overview of Therapeutic Style:	5
Supportive Expressive and Other Therapies: Psychologically or medically initiated motivation.	7
B) Justification for Manual - Literature Review	8
Psychosocial Influences On Cancer Development And Progression.	9
Summary of Psychosocial Intervention Studies For Cancer Patients	13
Summary: Intervention Studies Examining <i>Quality of Life</i>	17
Summary: Intervention Studies Examining <i>Physical Health</i>	18
 II) General Therapeutic Orientation:	 19
A) Styles of Intervention	19
B) Influences on Supportive-Expressive Therapy	22
1 - Existential Psychotherapy	22
2 - Group Support	27
3 - Group Psychotherapy	29
4 - Coping Skills and Strategies	34
Self-hypnosis: (36); Stress Management Technique: (40)	
5 - Family Meetings	44
C) Methods of Intervention For Therapists	47
Overview of therapeutic intervention:	47
Specific Examples of Counseling Tools:	51
 III) Specific Topic Protocol	 59
A) Introduction and Methodology	59
A Grounded Theory Methodology	60
B) Structure of Group Meetings:	62
Introductory Sessions - Special Concerns and Topics:	62
Body of Sessions:	63
Closing Sessions - Special Concerns and Topics	63
Family Sessions	65
C) Topics commonly discussed by groups	67
Summary of Topic Categories	69
Detailed Topic Categories	72
Small Talk	72
Information Gathering and Sharing	73
MST - Medical Status and Treatment (other than DPR)	78
Doctor-Patient Relationship	80
Family and Social Network	85
Therapy Group Issues	92
Illness Related Coping Skills	96
IDDRIF - Illness, Dying, and Death Related Issues and Feelings	107
Life Values and Principles	111
Self-image	114

IV) Experimental Design	117
A) Recruitment and Randomization of Subjects	117
Minimal Randomization of Subjects:	117
Recruitment	117
Other Assessment Considerations:	119
B) Control Group Protocol	119
Controls (in general):	119
Rationale For Educational Control	122
C) Alternative Designs for Brief Group Intervention for Primary Breast Cancer.	124
Factors to consider in designing an intervention:	124
Design	124
Group Structure	125
Training of Therapists and Project Coordinators	126
 V) Therapist Training Program	127
Selection of Therapists	127
Training of Therapists	127
Outline of Training Workshop	128
 VI) Evaluations	129
Overview:	129
Ratings of Therapist Facilitation of Groups	132
Rating of Topics Discussed By Group and general affect present	136
Rating Individual Patient Expressiveness	148
Qualitative and Quantitative Methods in Determining and Rating Protocol	153
The need for a rigorous methodology	154
Problems with developing treatment manuals	156
Assessment of Therapeutic Intervention	156
Assessment of Patient Perspective	157
A Grounded Theory Methodology	158
General Methodology: Quantifying Qualitative Data	161
 VII) Summary and Extensions	161
 BIBLIOGRAPHY	161