

PSYCHOSOCIAL ONCOLOGY SERVICES

The primary goal of psycho-oncology is to support the psychological well-being of cancer patients and their families throughout their cancer experience. The field of psycho-oncology also addresses the stress cancer care can have on healthcare professionals.

At the MCA, we collaborate with member sites to support their existing psychological services. If requested, we can work with member sites to initiate or improve existing psychological support for cancer patients, families and healthcare providers.

Programs and Services

- In-person services
 - Available to travel to participate in local programs, presentations and events for patients and families
 - Available to travel for member site or community events
 - Available to travel for continuing education or professional education events for healthcare providers
- “Going Forward: Life After Treatment”
 - 6-week interactive televideo (ITV) program geared towards patients concluding “active treatment”
 - Topics covered: survivorship; nutrition; exercise; emotions; after-effects of treatment; social support; and spirituality
 - Member sites provide co-facilitators for certain sessions
- Tobacco Cessation Program
 - 8-week ITV patient-centered approach program emphasizing motivation to quit
 - Uses materials developed by Mayo Clinic that include relapse prevention strategies
- Individual counseling via ITV
 - Can provide short-term counseling services for individual patients
- Additional services available through ITV
 - Can conduct presentations or programs for patients and their families on:
 - Cancer 101
 - Caregiver 101
 - Survivorship
 - Fear of Recurrence
 - Getting a Good Night Sleep
 - “Chemobrain”
 - Coping with Anxiety, Depression, Fatigue and Chronic Illness
 - Can conduct presentations or programs for healthcare providers on:
 - Depression and Suicide Among Cancer Patients
 - Anxiety Disorders and Treatment
 - Motivational Interviewing
 - Providing Care to Patients in Rural Areas

For Additional Information, Contact:

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