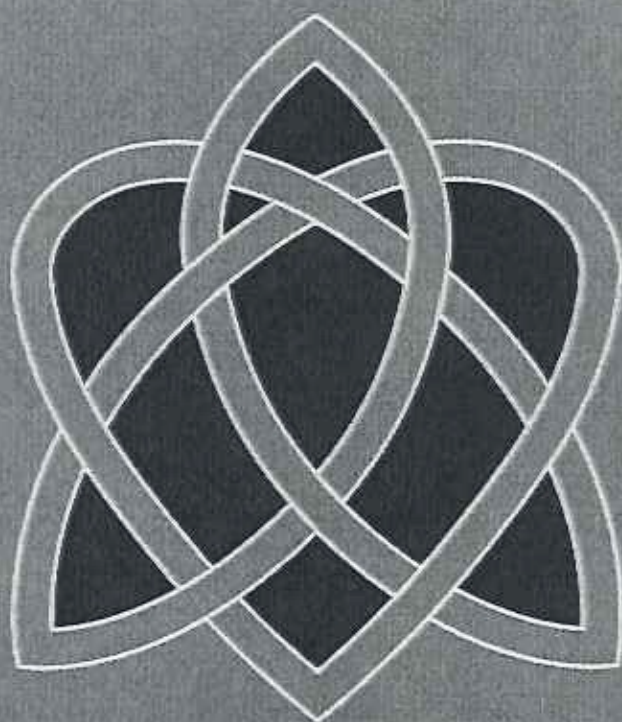


An Intensive Virtual Training Program

MEANING-CENTERED PSYCHOTHERAPY

FOR CANCER CARE PROVIDERS



Department of Psychiatry and Behavioral Sciences
Memorial Sloan Kettering Cancer Center

Sponsored by NCI Cancer Research Education Grants
Program (R25 Grant # 1R25CA190169).

Contact PsyTrainMCP@mskcc.org for training dates.



Memorial Sloan Kettering
Cancer Center

What is **MEANING-CENTERED PSYCHOTHERAPY?**

Meaning-Centered Psychotherapy (MCP) is a manualized 7 or 8 session psychotherapeutic intervention to help patients suffering with loss of meaning around illness. It is designed to help diminish feelings of despair that can be associated with cancer by helping patients to focus on the importance of creating, reconnecting with, experiencing, and sustaining meaning in life.

The MCP approach is inspired primarily by the works of Viktor Frankl. Researchers at Memorial Sloan Kettering have adapted these concepts to create the manualized MCP intervention, which has been empirically validated and is adaptable to both group and individual therapy formats. Therapists providing MCP work to help broaden the scope of possible sources of meaning through a combination of didactic teaching, experiential exercises, open-ended discussion, and interpretative comments. These practices help to promote emotional expression and facilitate patients' adoption of a meaning-focused perspective.

What is the **MCP TRAINING PROGRAM?**

The **MCP Training Program** at Memorial Sloan Kettering is made possible by a NCI grant (#1 R25 CA 190169). All trainees will participate in an intensive two-day training, and a one year of follow-up training program. Participants will be registered as research participants and asked to complete four follow-up surveys about their use of MCP following the training. An optional patient implementation phase is available for eligible trainees. Applicants must meet eligibility criteria to participate.



Join the conversation: #MSKMCP