



## Managing Cancer and Living Meaningfully (CALM) Therapy

### 晚期癌症之疾病管理與活出意義治療

當癌症病人之疾病進展到無法治癒階段，例如腫瘤有遠端轉移，或者不適宜進行手術根除時，屬晚期癌症（advanced cancer）階段。然而，晚期癌症病人仍可持續接受治療以緩解症狀。但是病人與家屬面對疾病的威脅，須面對較複雜的治療決策、疾病因應、對家庭與重要他人關係改變、死亡焦慮、存在意義以及如何保持希望等挑戰。針對晚期癌症病人及其照顧者的心理社會照顧，加拿大多倫多大學附屬 GIPPEC（The Global Institute of Psychosocial, Palliative and End-of-Life Care）的主任 Dr. Gary Rodin 發展出 CALM（Managing Cancer and Living Meaningfully Therapy）的心理治療模式，其主要基本架構、重要歷程、核心議題如下：

CALM 治療：基本架構、重要歷程、核心議題

疾病症狀的管理及醫病溝通	自我及與重要他人關係的改變	生命的意義、靈性和目標	未來、死亡與希望
<ul style="list-style-type: none"> <li>• 疾病認知</li> <li>• 醫療決策</li> <li>• 醫病溝通</li> </ul>	<ul style="list-style-type: none"> <li>• 自我概念</li> <li>• 與照顧者的關係</li> <li>• 其他家庭成員</li> </ul>	<ul style="list-style-type: none"> <li>• 生命敘事與回顧</li> <li>• 生命目標的排序</li> <li>• 疾病對個人的意義</li> </ul>	<ul style="list-style-type: none"> <li>• 面對死亡的恐懼</li> <li>• 預立醫療照護</li> <li>• 平衡生活與死亡</li> </ul>

有鑑於 CALM 對於晚期癌友照護之重要性，TPOS 今年特別邀請 CALM 創始人 Dr. Gary Rodin 來台舉辦 CALM 工作坊，機會難得、人數有限，請即刻報名

2023. Sep. 15 @和信醫院	會員	非會員
醫師	NT\$2,000	NT\$4,000
其他專業人員	NT\$1,500	NT\$3,500

報名連結：<https://reurl.cc/7k22Ly>



## Presenter

### **Gary Rodin M.D**

Former Head, Department of Supportive Care, Princess Margaret Cancer Centre

Professor of Psychiatry, University of Toronto

Director, Global Institute of Psychosocial, Palliative and End-of-Life Care (GIPPEC)

## Workshop Objectives

- Understand the CALM rationale, theoretical foundations, therapeutic domains & therapeutic processes
- Explore the application of CALM as illustrated through case presentations, from first session to termination, including engaging in CALM therapy with couples
- Practice applying CALM therapeutic skills with standardized patients
- Provide an opportunity to apply CALM therapy to your own cases
- Discuss CALM case supervision opportunities
- Discuss the research on CALM therapy

## About CALM Therapy

Managing Cancer and Living Meaningfully (CALM) is a brief, manualized, evidence-based, psychotherapeutic intervention designed to alleviate distress and to promote psychological well-being in individuals with advanced or metastatic cancer and their loved ones.

Developed by Gary Rodin MD, and Sarah Hales MD PhD, CALM focuses on four content domains that address the practical and profound issues commonly faced by individuals with metastatic cancer:

1. Symptom management and communication with health care providers
2. Changes in self and relationships with close others
3. Spirituality, sense of meaning and purpose
4. Sustaining hope and facing mortality





## 2023 Sep 15 (五) CALM Workshop Agenda

8:30 – 9:00	Catered Breakfast & Registration
9:00 – 9:15 9:15 – 11:00	<p><b>Welcome &amp; Introductions</b></p> <p><b>Introduction to CALM</b></p> <ul style="list-style-type: none"> <li>• A review of CALM rationale, theoretical foundations, as well as terms and concepts that will be explored in more depth throughout the workshop.</li> </ul>
11:00 – 11:15	Refreshment Break
11:15 – 12:30	<p><b>CALM Content and Process</b></p> <ul style="list-style-type: none"> <li>• An overview of the structure of CALM therapy, the content domains, and the main process elements, with illustrative therapeutic examples.</li> </ul>
12:30 – 13:30	Group Picture & Catered Lunch
13:30 – 14:30	<p><b>Beginning CALM Therapy</b></p> <ul style="list-style-type: none"> <li>• Through presentation of a filmed first CALM session, we will explore patient selection, the goals of the first session, and the process of patient formulation through the CALM lens.</li> </ul>
14:30 – 14:45	Refreshment Break
14:45 – 16:00	<p><b>A Longitudinal Exploration of CALM Content &amp; Process</b></p> <ul style="list-style-type: none"> <li>• Through presentation of a completed case and associated video clips, we will discuss CALM therapeutic interventions and processes as employed over time.</li> </ul>
16:00– 16:30	<p><b>Making it Real: Application of CALM in Your Practice</b></p> <ul style="list-style-type: none"> <li>• Through engagement of the audience and presentation of a case, we will discuss the applicability of CALM in the Taiwanese context.</li> </ul>