

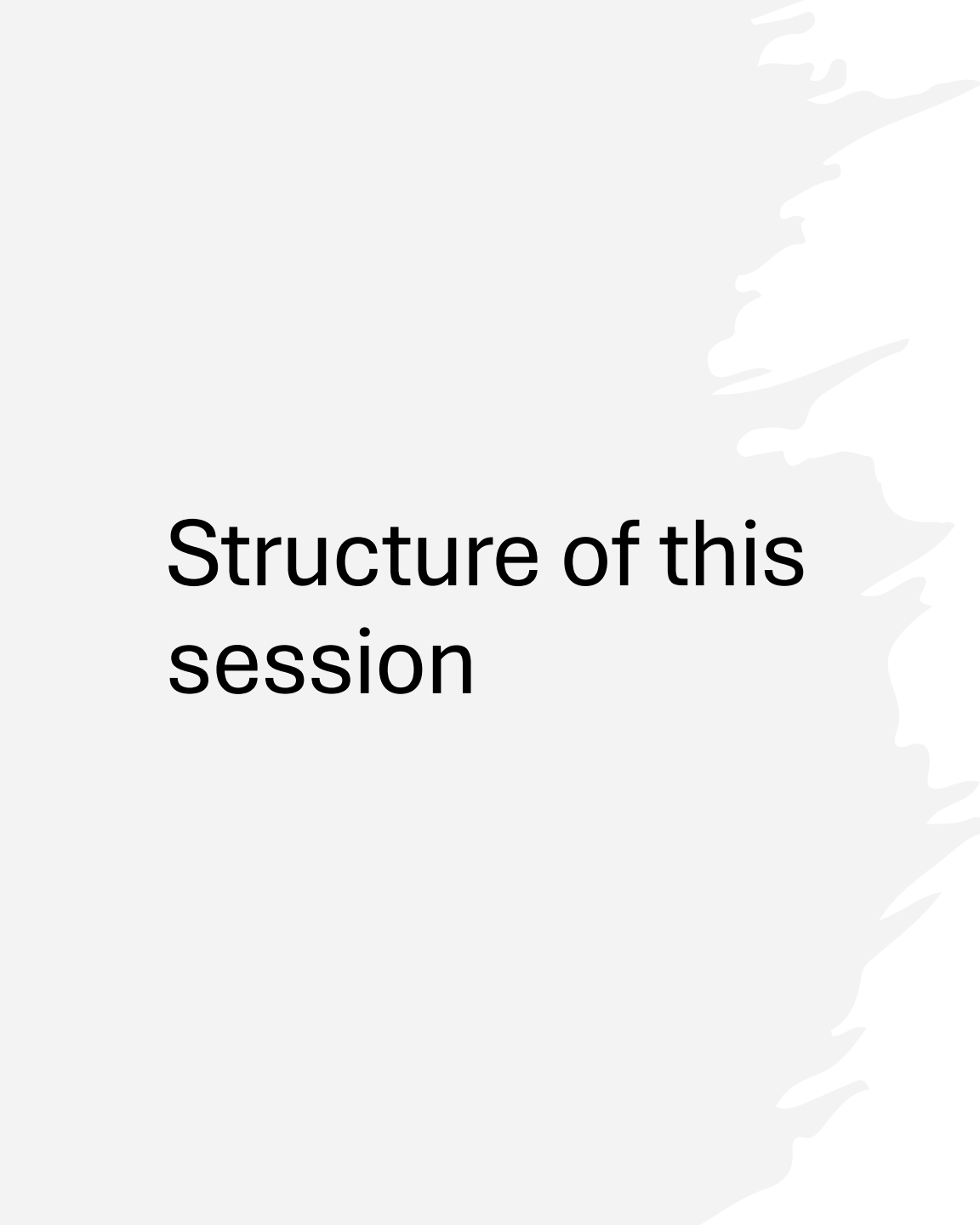
Moving beyond the confines of the therapy room

Shivani Kundapur and
Dr Stephanie Yin



Setting the scene

Close your eyes and imagine yourself in your usual therapy room, preparing to see your client...




Structure of this session

- Sharing our experiences of working in psycho-oncology in an acute hospital trust
- Outline:
 - What is psycho-oncology?
 - Systemic context of the work
 - The therapeutic frame
 - Vignettes
 - Open discussion

What is psycho-oncology?

- Supporting adult patients and loved ones affected by cancer
- Over 200 types of cancer (common, very rare, treatable, chronic)
- From diagnosis through to end of life
- Common issues and themes:
 - Anxiety and depression
 - Confronting mortality
 - Meaninglessness
 - Decision-making
- Short-term framework (8 sessions) every 2-6 weeks



Systemic context of psycho-oncology work

- Embedded in a medical model setting
- Vulnerable to NHS challenges
- Ongoing direct and indirect impact of covid
- Concurrent social issues
- Cultural and societal beliefs about cancer

The therapeutic frame

- Moveable frame
 - Tailored to needs
 - Space, Time and Consistency
- ‘Walking alongside’
- Meeting patient ‘where they are’
- Being the bridge

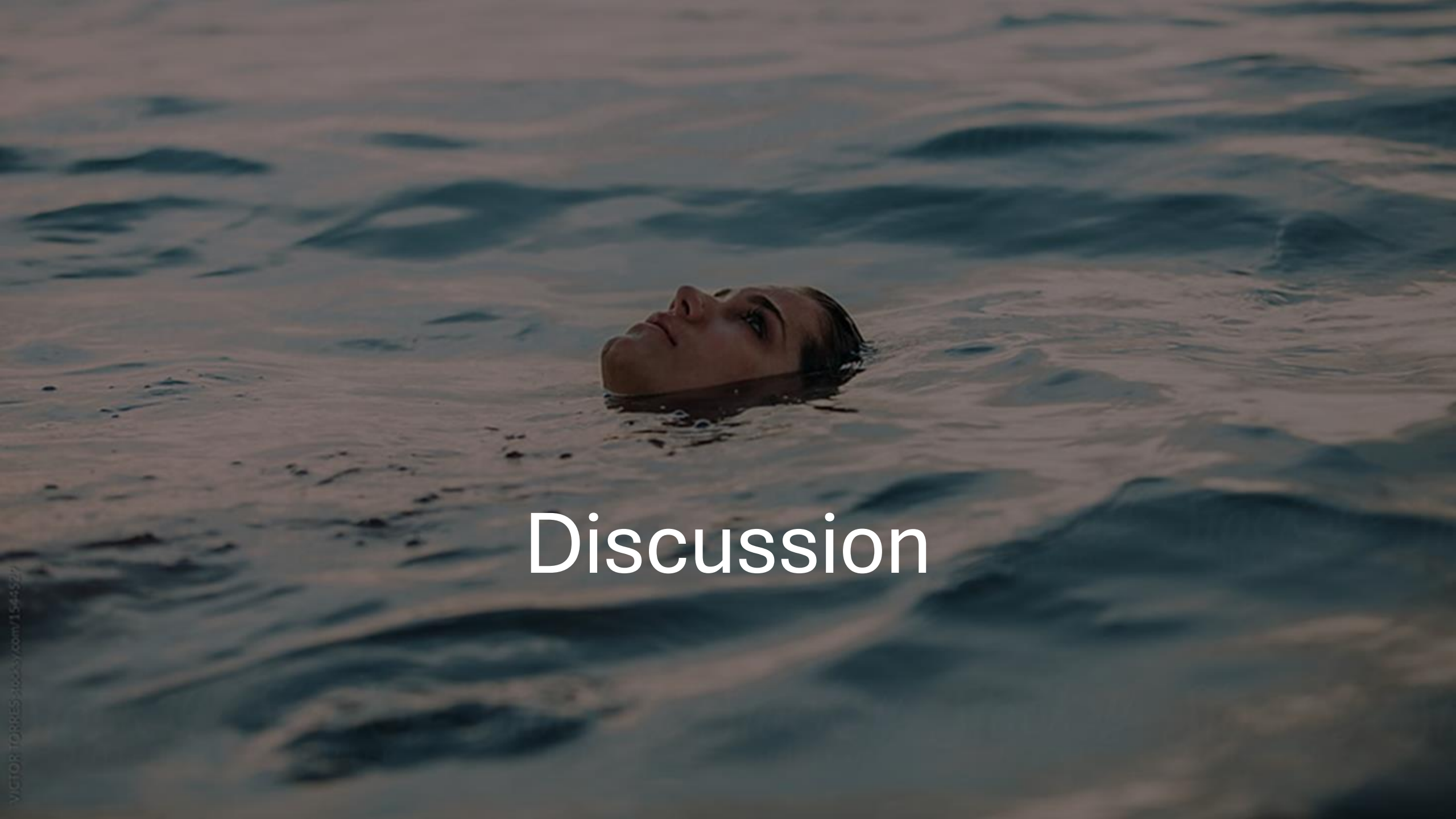


Vignette 1

- **Peter** (57 years)
- Head & Neck Cancer
- Sessions via email, progressing to video then face-to-face meeting
- Beyond the spoken word - faceless, voiceless, soundless
- QoL versus Prolonging life
- Treating illness/body or Treating the Person

Vignette 2

- **Graham** (68 years)
- Liver cancer with metastases (non-curative)
- 4 sessions – telephone and video
- What is revealed and remains hidden
- Witnessing ‘nakedness’, suffering, stress
- Meaning-making
- Confronting one’s suffering and death
- Abrupt and Unexpected Ending



Discussion