



# PONZ

psychosocial oncology new zealand  
nā tō rourou, nā taku rourou, ka ora ai te iwi

presents...

# Meaning-Centered Psychotherapy

with

**Dr. ALLISON APPLEBAUM**

**Where: Grand Mercure, Auckland**

**When: 27<sup>th</sup> and 28<sup>th</sup> February 2020**

Meaning-Centered Psychotherapy (MCP) is a psychotherapeutic intervention developed originally to address existential distress and spiritual wellbeing in patients with advanced cancer. The goal of this workshop is to provide participants with in-depth training in the use of this evidence-based approach with not only cancer patients but also other populations. Dr. Allison Applebaum is an Assistant Attending Psychologist in the Department of Psychiatry and Behavioral Sciences, Memorial Sloan Kettering Cancer Center (MSK), and an Assistant Professor of Psychology in Psychiatry at Weill Cornell Medical College. She is the Founding Director of the Caregivers Clinic at MSK, housed in the Counselling Center. She has also worked closely with Dr. William Breitbart who is the founder of MCP.

For further information, contact Amy at [ponzorg@gmail.com](mailto:ponzorg@gmail.com) or visit the PONZ website – [www.ponz.org.nz](http://www.ponz.org.nz).

**Early bird pricing (ends 6<sup>th</sup> January):**

	PONZ member	Non-member
1-day workshop	<b>\$300</b>	<b>\$350</b>
2-day workshop	<b>\$450</b>	<b>\$500</b>

**Standard pricing:**

	PONZ member	Non-member
1-day workshop	<b>\$350</b>	<b>\$400</b>
2-day workshop	<b>\$500</b>	<b>\$550</b>

# Meaning-Centered Psychotherapy

With Dr. ALLISON APPLEBAUM

## Schedule

### Day 1 - Rationale, overview & basic skills

1. Overview of the background, foundations, and theoretical basis for Meaning-Centered Psychotherapy.
2. In-depth discussion of the two original Meaning-Centered Psychotherapeutic Protocols (a) Individual Meaning-Centered Psychotherapy which is delivered individually over the course of seven sessions; and (b) Meaning-Centered Group Psychotherapy, which is delivered in a group format over the course of eight sessions.
3. Using the Individual Meaning-Centered Psychotherapy protocol as a model, a session-by-session overview will be presented. A demonstration of didactic portions of each session will be delivered and participants will become familiar with the experiential exercises through in-vivo practice.

### Day 2 - Advanced skills & adaptations

1. In-depth training in the delivery of experiential exercises introduced on Day 1, including the opportunity for individual and group role-play experiences.
2. Discussion of challenging clinical scenarios, and how Meaning-Centered Psychotherapeutic techniques can be flexibly delivered.
3. Overview of the background, foundations, and theoretical basis for adaptations of Meaning-Centered Psychotherapy, including for breast cancer survivors, cancer caregivers, bereaved parents, and patients receiving hospice care.
4. Presentation of key experiential exercises from the Meaning-Centered Psychotherapy adaptations, with opportunity for in-vivo learning through individual and group role-play scenarios to engage in experiential exercises.

**Note** – morning and afternoon tea, and lunch are included.