

## Linking the BC Psychosocial Community Oncology Network

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.

### What's New?

#### **Stress Less Tool Kits:** A Way to Teach Mindfulness to Families

by Helen Wong & Sara Prins Hankinson



Starting this summer, families with young children (with a parent or grandparent with cancer) will receive a tool kit full of small gifts to help them learn specific Mindfulness practices. The idea was sparked by Helen Wong, MSW, a Patient and Family Counsellor who co-leads the Children's Group at the Vancouver Island Centre. She composed a list of items to give to children attending the Children's Group, called a "Feel Good List".



Sara Prins Hankinson, Art Therapist, co-lead the group with Helen, and recognized that her list incorporated principles of Mindfulness, and that these items could be very helpful in teaching children concrete ways for coping with anxiety and stress.



Sara began to add to Helen's list, incorporating several new items. Melanie McDonald, MSW, a

Patient and Family Counsellor who leads the Children's Group at Vancouver Centre and has been formally trained in Mindfulness-based Stress Reduction, also offered her input.



The result is the "Less Stress Tool Kit". The kits are brightly colored boxes which contain small gifts such as a balloon, bubbles, a small box of raisins, a stone, and



conch shell—each gift encourages a mindfulness practice, teaching kids about deep breathing and being present to the world around them. There is a guide for children which explains each tool and includes pictures for them to color. Also included is a handout for parents or caregivers to help them learn the practices.

To begin with, 10 boxes have been sent to each of the Regional BC Cancer Agency centres for staff to distribute to families who they think could benefit from learning Mindfulness practices. After an initial pilot period, during which usage will be tracked, the Tool Kits may be more widely distributed. The hope is that through teaching Mindfulness practices, families will have some tools to ease them on their journey.





## Carolyn Jacob - New Regional Professional Practice Leader at the Centre for the North

We welcome Carolyn Jacob, MSW, RSW to her new role at the BC Cancer Agency. She is the newly hired Professional Practice Leader for Patient and Family Counselling Services at Centre for the North. Previous to this, she worked for ten years with the Northern Health Authority (NHA). While with NHA, she worked as the hospital social worker on the pediatric, maternity and neonatal units. Prior to her work for NHA, she was employed in private practice in the communities of Quesnel and Prince George. She trained at the University of Victoria, completing her Master's degree in a joint program that included social work, nursing and child and youth care. She also teaches violin to students in her private home studio. The north called her home from the coast when her university education was complete. She grew up on a ranch in the Dragon Lake area east of Quesnel. Prince George has been her home for 20 years now and has been a wonderful community for her and her husband to raise their three children.

## New eLearning Course - Stress Reduction Techniques in Oncology Practice by Elaine Shearer, Community Education Coordinator

We would like to announce a new course on the PHS Learning Hub entitled: "Stress Reduction Techniques in Oncology Practice". This course teaches short and longer term strategies to help patients who are experiencing anxiety related to their cancer diagnosis and treatment. It was developed with input from veteran counsellors in Patient and Family Counselling Services. It is designed for health care professionals who have some training in stress management techniques but want to deepen their knowledge and skills to respond to specific issues that occur in an oncology setting.

This course combines theory, experiential learning and fictional case examples to teach how to respond to patients who are phobic of needles, experiencing claustrophobia, anxiously waiting for test results, or in the worst case scenario, who are facing unexpected or bad news.

The course is organized into four modules. The first module reviews best practices in screening and assessment, and presents a risk stratified model for linking assessment with intervention. Module 2 overviews theoretical perspectives and psychosocial interventions for stress/anxiety, and in Module 3, the course presents 'quick fixes' for highly stressful situational events related to cancer treatment. The last module teaches self-care strategies for health care professionals who do this work. We know that managing our own stress is central to being able to listen and intervene effectively with our patients.

To register for this course, you will need a PHS Learning Hub account. For instructions on how to set up an employee or affiliate profile on the PHS Learning Hub, please refer to the last page of this newsletter.

BC Cancer Patient and Family Counselling staff, students and social workers in Level 1 and Level 2 Community Oncology Network Clinics can ask to have the course fee waived by contacting [Eshearer@bccancer.bc.ca](mailto:Eshearer@bccancer.bc.ca).



## Update from Vancouver



The multi-talented Sarah Sample, Practice Leader for Patient and Family Counselling at the Vancouver Centre is a

member of the 5 C's Social/Engagement Committee Vancouver Campus. She is pictured here (centre) with the Rainbow Band playing at a Social/ Engagement event held in July at the BC Cancer Research Centre.

### Staff Changes:

Tracy Stonehouse, MSW, RSW has joined the Vancouver Centre (VC) Patient and Family Counselling (PFC) team. Tracy has a wide range of experience in health care. Her most recent workplace was BC Women and Children's in the Neonatal Intensive Care Unit. In the past, she worked in New York supporting patients diagnosed with HIV and AIDS- related illness in addition to working at the Woodhull Medical Centre, Brooklyn in the Post-Partum/Labor and Delivery wards. Before that she worked in Kingston, Ontario in Pediatrics Oncology, Adolescent Obstetrics and in the Emergency Room.

As many of our casual staff have retired, we have three new casuals on board: Bronwyn Barrett MSW, RSW, Jesse Frender, MA, CCC, and Heather Scott, RCC.

**New Baby:** Sara Prins Hankinson gave birth to Amelia Joy on August 22, 2016.

## Update from Kelowna

**Staff Changes:** Sadly we are losing Claire Pereira who is moving back to Alberta. Kristen Renwick Johnson will be filling Claire's position and casual staff member, Sue Musleh, will be moving into Kristen's temporary position starting in September.

## Update from Community Partners



The Leukemia & Lymphoma Society of Canada (LLSC) will be hosting monthly education and support meetings in the Lower Mainland starting September, 2016. These

meetings are open to all patients diagnosed with blood cancer and their supporters. The meetings will offer a mix of educational presentations and informal discussion breakouts for leukemia, lymphoma, myeloma, myelodysplastic syndromes, myeloproliferative neoplasms and related disorders. Please contact Sharon Paule, Patient Education and Support Manager at 604.733.2873 or sharon.paule@lls.org for questions about LLSC's patient service activities and/or volunteer opportunities for professionals - as discussion group facilitators, guest speakers or advisory roles.

Thank you Elaine Shearer and the BC Cancer Agency for including this information in the newsletter! I would also like to take advantage of this opportunity to extend my personal thanks to Paula Myers and all the Patient and Family Counselling staff at the Vancouver site for supervising my MSW practicum. The ongoing partnership with BCCA is deeply appreciated!

- Sharon Paule, MSW

## Cancer Chat Canada at de Souza Institute



For more information visit our website:

cancerchat.ca

Call toll-free: 1.844. 725.2476 or

Email: CancerChat@deSouzaInstitute.com

**Expressive Arts Group** (any cancer diagnosis or stage) – starting Wednesday, Sept 20<sup>th</sup>

**Cancer Patient Support Group** (in treatment, any cancer diagnosis) – starting Tuesday, October 4<sup>th</sup>

**Caregiver Support Group** – starting Thursday, October 6<sup>th</sup>  
**Ovarian cancer group** beginning on Oct 25<sup>th</sup>

## Educational Opportunities:

### Psychosocial Oncology Rounds

These rounds occur the 3<sup>rd</sup> Thursday of the month with the exception of **November 17<sup>th</sup>** and **December 5<sup>th</sup>**. **To call in and listen refer to the rounds flyer for the number and passcode.** We recognize that the demands of your work may make it difficult for you to attend these rounds in person or by video link. Unfortunately, we don't have the resources to create and post videos of our monthly Psychosocial Oncology Rounds, at this time.

However, presentation materials are often posted online, on the **Provincial Health Services Agency (PHSA) Learning Hub**, <http://learninghub.phsa.ca> under **Psychosocial Oncology Rounds**. You can view PowerPoints and/or handouts during (if you are calling in) or after the presentation. You must have a Learning Hub account to access presentation materials. Don't have a PHSA Learning Hub account? Please refer to the last page of this newsletter for instructions on how to set one up.

Please note you may not see all presentations on this site because some presenters do not give us permission to share their slides. All presentation materials that are posted are **NOT TO BE COPIED WITHOUT PERMISSION** of the author/s.

SEPTEMBER 15, noon -1pm



#### **It all starts with you! - Mindfulness and Self Care**

*Presenter: David Greenshields MA, RSW, Professional Practice Leader, Patient and Family Counselling, BCCA Centre for the Southern Interior*

While a great deal of evidence exists regarding the value of Mindfulness in clinical practice, this session will explore its potential benefits for us as health care practitioners. We will brainstorm some of the ways we might apply this practice to boost our resiliency to do this work.

OCTOBER 20, noon -1pm



#### **Using Web-based Technology in Psychosocial Oncology: A Panel Discussion**

*Moderator: Shelley Pennington*

This rounds presentation will bring together a panel of BC Cancer Agency Psychosocial Oncology professionals to discuss their use of web-based tools such as iPads, apps, chat groups, webinars and so on in providing information, education, resources and support to patients and health care professionals. This session will encourage interactive discussion and questions.

\*\*\*\*\* NOVEMBER 3, noon- 1pm \*\*\*\*\*

Note: This will be joint rounds with Radiation Oncology

### Work and Cancer

*Presenters: Faith Hayman & Maureen Parkinson*

- A. Health Care Provider Guide to navigating insurance forms and the insurance process from a legal perspective** by Faith E. Hayman, Trial & Appellate Lawyer
- B. Introduction to the Cancerandwork.ca website** by Maureen Parkinson, Co-lead on the Cancer and Work Project and Vocation Rehabilitation Counsellor B.C. Cancer Agency

*Faith Hayman graduated from Osgoode Hall Law School in 1983. She practiced in Toronto for approximately 10 years before moving to Vancouver.*

*In Vancouver, Faith was heavily involved in the no fault activities in 1996-1997 and practiced at Murphy Battista until 2005 when she set up her own firm.*

*Since approximately 1986, she has acted exclusively for plaintiffs focusing primarily on personal injury actions and disability insurance claims. She was on the executive of the B.C. Trial Lawyers' Association (TLABC) for 10 years and for the last several years has chaired the Rules Committee.*



She has recently assumed responsibilities as a member of the TLABC Board of Governors. She is also on the ethics committee at Sunny Hill Health Centre for Children.

She has argued cases at all levels of court, including the *Fidler v. Sun Life* decision in the BC Court of Appeal and the Supreme Court of Canada.



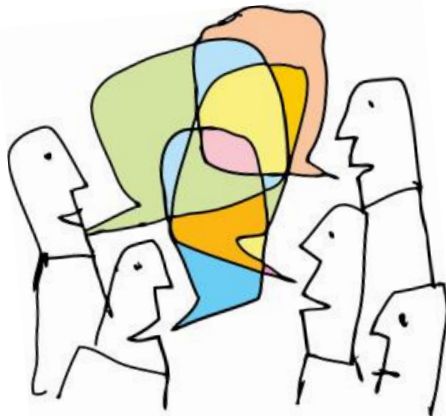
**Maureen Parkinson, MEd., C.C.R.C.** has worked for over 20 years as a vocational rehabilitation counsellor at the B.C. Cancer Agency serving the province of British Columbia. She created the *Cancer and Returning to Work: A Practical Guide for Cancer Patients* and offers return to work and job

search seminars for cancer survivors. She now co-leads (with Dr Christine Maheu) the development of the *Cancer and Work* website to provide education to cancer survivors, health care providers and employers on return to work

She has a Masters in Counselling Psychology, is a Canadian Certified Rehabilitation Counsellor and completed the Certified Return to Work Coordinator Program through the National Institute for Disability Management and Research.

## CANCER TALKS 2016

THE WESTERN CANADIAN SUPPORTIVE CARE FORUM Presents Part 2 of a 2 part series of inter-professional educational events called:



### Sexual Health Research Project

**Thursday September 22, 2016**

10-11am in British Columbia

- by **Myrna Tracy, MSW, RSW** Former Practice Leader for Patient and Family Counseling Services, BC Cancer Agency, Centre for the Southern Interior

Myrna will present information about the Sexual Health Clinic Pilot Research project that was conducted over a one year period at the Cancer Centre in Kelowna. The results show the importance of offering sexual health services to cancer patients. The project was funded by the BC Cancer Foundation, Southern Interior.



**Registration is required for this one hour session which will be offered by teleconference. To register email: [cancertalks@bccancer.bc.ca](mailto:cancertalks@bccancer.bc.ca).**

Since space is limited to 60 phone lines, we encourage you to book a room and join with colleagues to listen using a speaker phone. Once registered, you will receive an email the week before the presentation with the phone number and presenter's PowerPoint presentation and handouts. There will be opportunities to ask questions.

## WORKSHOP SERIES

### What to Say When There Are No Words

**Wednesday(s) Oct. 26th, Nov. 2 & 9th--10-11am**

Presenter: *Beth Burton-Krahn, MA, RCC*



Beth received her Master's degree from Gonzaga University. She has been a professional counsellor for 13 years. Beth has been working in the field of hospice/palliative care for the past 9 years. During this time she has come to appreciate the critical role of presence and openness when having discussions

with patients and their families during times when there are no words.

In the upcoming series of workshops, participants will explore their own "edges" with respect to supporting patients and families in processing and integrating difficult news, learn ways to support patients and families as they process and integrate difficult news and, how to create a space of compassionate openness to allow patients and their families to come to terms with profound, life changing news.

Host site - Vancouver Island Centre – Physics room

Video Linked to:

- Abbotsford Centre - Clinical Conf Rm and (Radiation Rm for Nov 9<sup>th</sup> session)
- Centre for the Southern Interior - Kalamalka Rm
- Centre for the North - Skeena Room
- Fraser Valley Centre - 3rd Floor Rm 3011 (location TBA for Nov 9<sup>th</sup> session)
- Vancouver Centre - Fairmont Conference Rm 6th Floor

If you are a member of the Community Oncology Network and would like to join these sessions contact [Telehealth@phsa.ca](mailto:Telehealth@phsa.ca) to set up a video link.

## The Canadian Association of Psychosocial Oncology (CAPO) Annual Conference will be in Vancouver in 2017

CAPO 2017's conference theme is intended to emphasize that leadership, clinical excellence and translational research are all critical to provide the best cancer care



and psychosocial support for cancer patients, family members and survivors. Our opening keynote speaker will be addressing issues related to Indigenous Cultural Care and we are offering a stream specific to First Nations, Inuit and Metis cancer care initiatives this year. Building on the

momentum of last year's conference, we will also offer a stream that focuses on AYA (adolescent, young adult) initiatives. This year, we will also include a focus on the importance of community health and prevention.

**CALL FOR ABSTRACTS BY January 8<sup>th</sup>, 2017**

## PRE-CONFERENCE WORKSHOPS- May 3, 2017 (8:30 - noon)

Pinnacle Hotel Vancouver Harbourside,  
1133 W. Hastings St, Vancouver

Register online for the following 4 workshops at <http://www.caipo.ca/>  
(Note – space is limited, registration starts October 2016)

### Meaning Centered Psychotherapy for Cancer Patients - by Bill Breitbart MD

This half- day experiential workshop provides an overview of a novel counseling intervention for patients with advanced cancer, entitled "Meaning Centered Psychotherapy". Participants will be introduced to the topics of meaning and spirituality as they relate to cancer care and the experience of patients with cancer. The basic concepts of Meaning Centered Psychotherapy will then be described. Meaning Centered Psychotherapy is based on the concepts of meaning as derived from the work of Viktor Frankl, M.D. and adapted for use in cancer populations by our team at Memorial Sloan-Kettering Cancer Center. Two forms of Meaning Centered Psychotherapy have been developed: Meaning Centered Group Psychotherapy (8 weekly 1 ½ hour sessions; Individual Meaning Centered Psychotherapy (7 weekly 1 hour sessions). Both interventions are manualized and published randomized controlled trials have demonstrated its efficacy. During the workshop, participants will have the opportunity to participate in experiential exercises utilized in Meaning Centered Psychotherapy. In addition, a detailed description of the intervention and the content of each session will be provided. Newer adaptations of Meaning-Centered Psychotherapy for breast cancer survivors, Caregivers, bereavement, and international replication studies the Netherlands, Israel, Spain, as well as cultural adaptations for Chinese and Spanish speaking populations will be discussed.

### Using Art to Express the Experience of Cancer

Led by Sara Prins Hankinson and Catherine Dunlop, Art therapists with the Provincial Psychosocial Oncology program, BC Cancer Agency

This workshop will explore how art therapy can be used within oncology settings and offer examples of effective exercises with children, young adults and groups. There will be opportunities to explore what it feels like to participate in an art therapy exercise. You will leave with art making tools and techniques to apply to your own practice.

### Resting While Working – Integrating Mindfulness Practice with your Work Life

Facilitated by David Greenshields, MA, RSW, Practice Leader, Patient and Family Counselling, Centre for the Southern Interior, BC Cancer Agency

This workshop will provide participants with an opportunity for direct experience of mindfulness practice. David will offer evidence from research about the impact of mindfulness practice on stress reduction for health care staff. In addition, David will introduce practical strategies for incorporating mindfulness into your work and life.

**Research Grant Writing**- details forthcoming

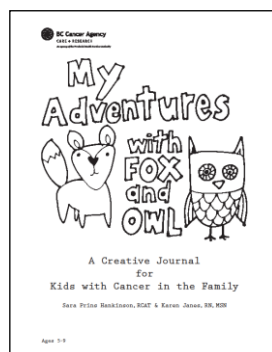
#### IPODE Continuing Education Courses

Register for courses online at [www.ipode.ca](http://www.ipode.ca).  
For more information contact Natasha Boutilier:  
[Natasha.Boutilier@cdha.nshealth.ca](mailto:Natasha.Boutilier@cdha.nshealth.ca)  
or 902-473-6618.

## Information & Resources:

### New activity book for children on sale

You can now purchase My Adventures with Fox and Owl for \$10 (plus handling fees).



Shop online at the C&W Bookstore

[https://libraries.phsa.ca/bookstore/list?q=topic\\_facet:Cancer&p=1](https://libraries.phsa.ca/bookstore/list?q=topic_facet:Cancer&p=1) (plus shipping and handling charge )

- Or you can find it at the Family Support & Resource Centre at Children’s Hospital.
- Or at Odin Books, 1110 West Broadway, Vancouver

Excerpts of this book can be viewed and are downloadable for free on the BC Cancer Agency web site -

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/Exerpts%20from%20MY%20ADVENTURES%20WITH%20FOX%20AND%20OWL.pdf>

### Check out this new article entitled:

Mindfulness-Based Stress-Reduction Program May Reduce Psychological and Physical Symptoms in Breast Cancer Survivors by Matthew Stenger

[http://www.ascopost.com/News/41668?utm\\_medium=Email&utm\\_source=ExactTarget&utm\\_campaign=&utm\\_term=5532089](http://www.ascopost.com/News/41668?utm_medium=Email&utm_source=ExactTarget&utm_campaign=&utm_term=5532089)



A new mental health tool has been developed by Vancouver Coastal Health and Providence Health Care in partnership with the Shared Care Committee – a joint committee of the Doctors of BC and the Ministry of Health.

<http://www.mindhealthbc.ca/>

### Want to create an account on the PHSA Learning Hub?

#### Here’s how...

You can set one up either as an employee or an affiliate.

- ✓ Employee accounts require a PHSA employee ID number.
- ✓ Affiliate accounts are for employees who do not have their employee ID established yet, or are PHSA volunteers, students, researchers, clinicians and health care workers from other BC Health Authorities.

**To create an account:** Go to:

<https://learninghub.phsa.ca/Profile/Account/Register>  
and read the agreement, scroll to the bottom and click 'I Agree' then select appropriate account type and follow the step by step account creation process.

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After registration, activate your Learning Hub Account by checking your registered email and click on the emailed link.

You can now log in to the Learning Hub account and register for online courses using this link <https://learninghub.phsa.ca>. Use the search function to find courses or Rounds presentation materials.

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**September is:**

Blood Cancer Awareness Month  
Childhood Cancer Awareness Month  
Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month

**October is**

Brain Tumour Awareness Month  
Breast Cancer Awareness Month

**November is:**

Lung Cancer Awareness Month

If you would like to contribute to this quarterly newsletter contact Elaine Shearer, Community Education Coordinator, Psychosocial Oncology Program - [eshearer@bccancer.bca.ca](mailto:eshearer@bccancer.bca.ca)  
Deadline for submissions to the winter newsletter is December 1st.