

## International Psycho-Oncology Educational Course, Freiburg, Isfahan, 2022

158 hours/8 Modules Web-based Course				
Topic	Sub Topics		E-Methode	H
<b>Basic Oncological Knowledge of the Most Common Cancers and Treatments</b>	Theoretical knowledge about Medical Diagnoses, Symptoms, Treatment, Side effects. (Breast, Colon, Prostate, Brain Tumor, Blood Cancer, Lung, Stomach, Pancreas)		Cancer Diagnoses, Symptom and Course, Treatment methods	Offline Lecture
			Cancer Treatment side effects, Limitation and Consequences	Offline Lecture
			Theoretical knowledge about Cancer; an overview for mental health providers	Offline Lecture
<b>Palliative Care and Symptom Management</b>	1. Transition to palliative care 2. Open communication		Palliative care and symptom management	Offline Lecture/Interactive Group
			Psycho-oncology in Palliative Care	Offline Lecture/Interactive Group
<b>Psychiatric Complications of Cancer &amp; Mental Comorbidity</b>	1. Common Psychological Responses to Cancer 2. Distress management and sub-syndromal symptoms in cancer 3. Psychosocial Interventions 4. Dealing with comorbidity 5. Psychiatric Problems due to Cancer Treatment 6. Psychological Aspects associated with Different Cancer Sites (Brain tumors, Paraneoplastic Neurologic Disorders, ...)		How do Patients and Family Members Adapt to Cancer?	Offline Lecture/Interactive Group /Case Presentation
			Psychiatric Problems due to Cancer Treatment	Offline Lecture
			Psychological Aspects associated with Different Cancer Sites (Brain tumors, Paraneoplastic Neurologic Disorders, ...)	Offline Lecture
<b>Crisis Intervention</b>	1. Managing suicide risk 2. Risk factors		Managing Suicide Risk	Lecture/Role Play
<b>Physical Symptom Management</b>	1. Cancer-related Fatigue 2. Cancer-related Pain 3. The WHO Analgesic Ladder 4. Sexuality and Cancer		Fatigue in Cancer	Offline Lecture/Interactive Group /Case Presentation
			Cancer-related Pain	Offline Lecture
			Sexuality and Cancer	Offline Lecture
<b>Systemic and Family Interventions</b>	1. Psychosocial Needs of Patients and Families 2. Couple-Focused Group Intervention 3. Family communication (help in decision making...) 4. Family adaption to illness		Psychosocial Needs of Patients and Families	Online Lecture/Interactive Group
			Systemic Therapy and Psychooncology	Offline Lecture/Interactive Group /Case Presentation

		Family communication (help in decision making, coping during the end of life)	Offline Lecture	
		Couple-Focused Group Intervention	Offline Lecture	
<b>Principles in Psycho-oncology (Theories &amp; Models)</b>	<ol style="list-style-type: none"> <li>1. Defining Psycho-Oncology</li> <li>2. General principles of treatment in psycho-oncology</li> <li>3. Illness beliefs and behaviour</li> </ol>	Defining Psycho-Oncology	Online Lecture/Interactive Group	4
		Illness Beliefs and Behaviour	Online Lecture/Interactive Group	
<b>Communication Skills in Cancer care</b>	<ol style="list-style-type: none"> <li>1. Guidelines to good communication (verbal, non-verbal)</li> <li>2. Interprofessional communication</li> <li>3. Cornerstones of therapeutic alliance between healthcare providers and patient</li> <li>4. Breaking bad news</li> <li>5. Supporting patients</li> </ol>	Communication Skills Training, Perception & Reflection	Online Lecture/Interactive Group	30
		Communication Skills Training	Offline Lecture/Group Discussion	
		Communication Skills Training	Interactive Group	
		Breaking Bad News	Interactive Group	
		Interprofessional Communication	Offline Lecture	
		Cornerstones of therapeutic alliance between healthcare providers and patient	Offline Lecture	
<b>Care and Management of the Patient at the End of Life</b>	<ol style="list-style-type: none"> <li>1. Awareness of death and dealing with fear, pain, depression and loss in decision making</li> <li>2. Approaching and accompanying a dying patient</li> <li>3. Stages of dealing with death</li> </ol>	Fear of Progression	Lecture/Interactive Group	6
		Awareness of death and dealing with fear, pain, depression and loss	Offline Lecture	
		Stages of dealing with death, Approaching and accompanying a dying patient	Offline Lecture	
<b>Understanding and Management of Bereavement</b>	<ol style="list-style-type: none"> <li>1. Bereavement and depression or PTSD</li> <li>2. Normal and Complicated Grief</li> <li>3. Caring of the Bereaved</li> </ol>	Bereavement in Psychooncology	Offline Lecture/Interactive Group /Case Presentation	5
		Grief and Trauma, Dealing with losses	Online Lecture/Interactive Group	
<b>Psychotherapeutic Modalities for Child and Adolescent with Cancer and their Families</b>	<ol style="list-style-type: none"> <li>1. Preparation, education, and procedural support</li> <li>2. Developmental issues</li> </ol>	Children of Cancer Patients	Offline Lecture/Interactive Group /	8
		Cancer in Childhood	Offline Lecture	
		Psychosocial support for families when a child has cancer	Offline Lecture/Interactive Group /	

<b>Psychotherapeutic Modalities for Geriatric Patients</b>	1. Dealing with cancer at an older age 2. Coping with viewer social resources	Cancer in Geriatric Patients	Offline Lecture	2
<b>Survivorship</b>	1. Quality of Life 2. Return to work 3. Rehabilitation	Quality of Life in Cancer Patients	Offline Lecture	4
		Return to work and Rehabilitation	Offline Lecture	
<b>Spiritual Issues in Cancer Care</b>	1. Patients and family's religious beliefs (Disease course and Death) 2. Cultural Spirituality and Religious beliefs 3. General Spiritual Care Giving	Patients and family's religious beliefs, (Disease course and Death)	Offline Lecture	6
		Cultural Spirituality and Religious beliefs	Offline Lecture	
		General Spiritual Care Giving	Offline Lecture	
<b>Self-activation in Cancer Patients</b>	1. Compliance 2. Benefits of physical activity 3. Benefits of self-help group 4. Building psychological growth after recovery from cancer	Physical Exercise for Cancer Patients	Lecture/Case Presentation	8
		Health literacy and how to improve it	Lecture/Case Presentation	
		Compliance in Cancer Patients	Offline Lecture	
		Benefits of self-help group	Offline Lecture	
		Building psychological growth after recovery from cancer	Offline Lecture	
<b>Psychoeducation, group Programs</b>	Short Term, Structured, Psychoeducational Intervention for Newly Diagnosed Cancer Patient	Short Term, Structured, Psychoeducational Intervention for Newly Diagnosed Cancer Patient	Offline Lecture	4
		Group therapy	Offline Lecture/Interactive Group	
<b>Learning Relaxation Methods</b>	1. Progressive muscle relaxation 2. Mindfulness 3. Image based therapy 4. Concentrated movement therapy	Body Economy and Relaxation Response	Online Lecture/Interactive Group	6
		Body Awareness and Body Image	Online Lecture/Interactive Group	
		Concentrated movement therapy	Offline Lecture	
<b>Burnout and General Burnout Prophylaxis for Care-givers</b>	1. Skills in stress management techniques 2. Time management 3. Relaxation techniques	How to cope as a professional?	Offline Lecture/Interactive Group /Case Presentation	3
<b>Self -awareness</b>	1. Death and dying 2. Farewell and loss 3. Self-distancing vs Empathy	Death and dying	Online Lecture/Interactive Group	10
		Farewell and loss	Offline Lecture	

	4. Professional role 5. Intercultural Dialogue	Professional roles		
		Self-distancing vs Empathy		
		Intercultural Dialogue		
<b>Case Work and Discussion</b>	1. Self-Exposure	Case Discussion, Balint Group	Case Discussion Self-Explore, Balint Group	14
<b>Ethical Issues and Social law</b>	1. Ethical Principles 2. Ethical Reasoning 3. Institutionalization	Medical Ethical	Offline Lecture/Self Study	7
		Ethical Principles and Reasoning	Offline Lecture	
		Institutionalization	Offline Lecture	
<b>62 Hours Practice Program</b>				
<b>Home Visits</b>	Visiting End Stage Cancer Patients at Home		Home Visits	50
<b>Case Discussion &amp; Supervision</b>	Case Discussion & Supervision			12