

WEBVTT

NOTE duration:"00:12:48.0320000"

NOTE language:en-us

NOTE Confidence: 0.83777887

00:00:00.000 --> 00:00:02.565 Hello everybody and welcome to

NOTE Confidence: 0.83777887

00:00:02.565 --> 00:00:04.617 mini centered psychotherapy for

NOTE Confidence: 0.83777887

00:00:04.617 --> 00:00:06.730 patients with cancer for Yale.

NOTE Confidence: 0.83777887

00:00:06.730 --> 00:00:08.242 New Haven Hospital's 2021

NOTE Confidence: 0.83777887

00:00:08.242 --> 00:00:09.376 cancer survivorship day.

NOTE Confidence: 0.83777887

00:00:09.380 --> 00:00:11.534 My name is Angela Corral and

NOTE Confidence: 0.83777887

00:00:11.534 --> 00:00:13.550 I'm a clinical social worker.

NOTE Confidence: 0.83777887

00:00:13.550 --> 00:00:16.196 I work in the Yale Cancer Center,

NOTE Confidence: 0.83777887

00:00:16.200 --> 00:00:17.340 Smilow Cancer Hospital,

NOTE Confidence: 0.83777887

00:00:17.340 --> 00:00:18.100 survivorship clinic,

NOTE Confidence: 0.83777887

00:00:18.100 --> 00:00:21.124 and I'm here today with my colleague Brian.

NOTE Confidence: 0.7570158

00:00:22.010 --> 00:00:23.780 Hello everyone, I'm Brian Jenn.

NOTE Confidence: 0.7570158

00:00:23.780 --> 00:00:26.244 I'm the clinical social worker with Smilow,

NOTE Confidence: 0.7570158

00:00:26.250 --> 00:00:27.658 Greenwich and Smilow Trumbull.

NOTE Confidence: 0.91599613

00:00:29.600 --> 00:00:32.729 And thank you for having us today.

NOTE Confidence: 0.91599613

00:00:32.730 --> 00:00:34.170 So meaning centered psychotherapy

NOTE Confidence: 0.91599613

00:00:34.170 --> 00:00:36.330 for patients with cancer so bright,

NOTE Confidence: 0.91599613

00:00:36.330 --> 00:00:38.500 and I thought it would make sense

NOTE Confidence: 0.91599613

00:00:38.500 --> 00:00:40.223 just to review some background

NOTE Confidence: 0.91599613

00:00:40.223 --> 00:00:42.395 information for those of you who

NOTE Confidence: 0.91599613

00:00:42.395 --> 00:00:45.155 may not be familiar with what many

NOTE Confidence: 0.91599613

00:00:45.155 --> 00:00:47.125 center psychotherapy is all about.

NOTE Confidence: 0.91599613

00:00:47.130 --> 00:00:49.224 So really, it's about aiming to

NOTE Confidence: 0.91599613

00:00:49.224 --> 00:00:51.019 decrease feelings of sadness and

NOTE Confidence: 0.91599613

00:00:51.019 --> 00:00:52.679 hopelessness by teaching patients how

NOTE Confidence: 0.91599613

00:00:52.679 --> 00:00:55.410 to focus on the importance of creating,

NOTE Confidence: 0.91599613

00:00:55.410 --> 00:00:56.850 experiencing and keeping a

NOTE Confidence: 0.91599613

00:00:56.850 --> 00:00:58.650 sense of meaning in life.

NOTE Confidence: 0.91599613

00:00:58.650 --> 00:01:00.450 It was developed by Doctor

NOTE Confidence: 0.91599613

00:01:00.450 --> 00:01:01.530 William Bright Bar.
NOTE Confidence: 0.91599613

00:01:01.530 --> 00:01:03.816 I think approximately 20 years ago.
NOTE Confidence: 0.91599613

00:01:03.820 --> 00:01:05.460 With this colleagues at Memorial
NOTE Confidence: 0.91599613

00:01:05.460 --> 00:01:07.455 Sloan Kettering and they created and
NOTE Confidence: 0.91599613

00:01:07.455 --> 00:01:09.243 designed this treatment to be used
NOTE Confidence: 0.91599613

00:01:09.243 --> 00:01:10.949 with cancer patients facing illness,
NOTE Confidence: 0.91599613

00:01:10.950 --> 00:01:13.622 it can be utilized in both with both
NOTE Confidence: 0.91599613

00:01:13.622 --> 00:01:16.130 individuals as well as in a group setting.
NOTE Confidence: 0.91599613

00:01:16.130 --> 00:01:18.594 It's based on the work of Doctor Viktor
NOTE Confidence: 0.91599613

00:01:18.594 --> 00:01:20.338 Frankel's man's search for meaning,
NOTE Confidence: 0.91599613

00:01:20.340 --> 00:01:22.116 and there's a lot of research
NOTE Confidence: 0.91599613

00:01:22.116 --> 00:01:23.736 to show that meaning centered
NOTE Confidence: 0.91599613

00:01:23.736 --> 00:01:25.601 psychotherapy is very helpful to
NOTE Confidence: 0.91599613

00:01:25.601 --> 00:01:28.026 those who have cancer but also for
NOTE Confidence: 0.91599613

00:01:28.026 --> 00:01:29.766 family members and for those who
NOTE Confidence: 0.91599613

00:01:29.766 --> 00:01:33.680 are caring for someone with cancer.

NOTE Confidence: 0.91599613

00:01:33.680 --> 00:01:35.070 So what will you learn?

NOTE Confidence: 0.91599613

00:01:35.070 --> 00:01:37.485 So you learn to cope better by

NOTE Confidence: 0.91599613

00:01:37.485 --> 00:01:39.589 finding and creating a sense of

NOTE Confidence: 0.91599613

00:01:39.589 --> 00:01:41.575 meaning and purpose in your life.

NOTE Confidence: 0.91599613

00:01:41.580 --> 00:01:43.939 It's really not uncommon in the cancer

NOTE Confidence: 0.91599613

00:01:43.939 --> 00:01:45.863 survivorship clinic that I meet with

NOTE Confidence: 0.91599613

00:01:45.863 --> 00:01:47.567 patients and you're not only dealing

NOTE Confidence: 0.91599613

00:01:47.567 --> 00:01:49.459 with the fact that she had cancer,

NOTE Confidence: 0.91599613

00:01:49.460 --> 00:01:51.356 but also the impact that cancer

NOTE Confidence: 0.91599613

00:01:51.356 --> 00:01:52.960 and cancer treatment may even

NOTE Confidence: 0.91599613

00:01:52.960 --> 00:01:54.604 still be having on your life.

NOTE Confidence: 0.91599613

00:01:54.610 --> 00:01:56.235 You'll also learn about different

NOTE Confidence: 0.91599613

00:01:56.235 --> 00:01:58.457 sources of meaning that can be used

NOTE Confidence: 0.91599613

00:01:58.457 --> 00:02:00.059 to help you during your illness,

NOTE Confidence: 0.91599613

00:02:00.060 --> 00:02:01.866 and Brian will be reviewing that

NOTE Confidence: 0.91599613

00:02:01.866 --> 00:02:03.999 with you in just a few moments,
NOTE Confidence: 0.91599613

00:02:04.000 --> 00:02:06.144 as well as learn new ways to face
NOTE Confidence: 0.91599613

00:02:06.144 --> 00:02:08.067 and overcome the challenges that may
NOTE Confidence: 0.91599613

00:02:08.067 --> 00:02:10.059 have been caused by your illness.
NOTE Confidence: 0.91599613

00:02:10.060 --> 00:02:12.265 And it's important to point out that.
NOTE Confidence: 0.91599613

00:02:12.270 --> 00:02:13.810 Survivorship really begins the
NOTE Confidence: 0.91599613

00:02:13.810 --> 00:02:15.350 day that you're diagnosed,
NOTE Confidence: 0.91599613

00:02:15.350 --> 00:02:17.408 and it's really about living with
NOTE Confidence: 0.91599613

00:02:17.408 --> 00:02:19.315 through and beyond your cancer
NOTE Confidence: 0.91599613

00:02:19.315 --> 00:02:20.737 diagnosis and treatment.
NOTE Confidence: 0.91599613

00:02:20.740 --> 00:02:21.776 And really,
NOTE Confidence: 0.91599613

00:02:21.776 --> 00:02:24.884 we can explore meaning and purpose
NOTE Confidence: 0.91599613

00:02:24.884 --> 00:02:28.556 in our life at any point in time.
NOTE Confidence: 0.91599613

00:02:28.560 --> 00:02:30.350 So how does it work?
NOTE Confidence: 0.91599613

00:02:30.350 --> 00:02:31.866 Well meaning centered psychotherapy
NOTE Confidence: 0.91599613

00:02:31.866 --> 00:02:34.140 is meant to help patients look

NOTE Confidence: 0.91599613
00:02:34.204 --> 00:02:35.699 for meaning in their past,
NOTE Confidence: 0.91599613
00:02:35.700 --> 00:02:37.830 their present, as well as their
NOTE Confidence: 0.91599613
00:02:37.830 --> 00:02:39.630 future in their everyday life.
NOTE Confidence: 0.91599613
00:02:39.630 --> 00:02:40.342 By teaching,
NOTE Confidence: 0.91599613
00:02:40.342 --> 00:02:41.410 answering questions together
NOTE Confidence: 0.91599613
00:02:41.410 --> 00:02:42.478 through homework assignments,
NOTE Confidence: 0.91599613
00:02:42.480 --> 00:02:44.622 as well as discussions with your
NOTE Confidence: 0.91599613
00:02:44.622 --> 00:02:46.050 clinician and group members.
NOTE Confidence: 0.91599613
00:02:46.050 --> 00:02:48.198 If you're participating in a group,
NOTE Confidence: 0.91599613
00:02:48.200 --> 00:02:50.468 it helps you to use meaning in
NOTE Confidence: 0.91599613
00:02:50.468 --> 00:02:53.052 life in order to gain a greater
NOTE Confidence: 0.91599613
00:02:53.052 --> 00:02:54.972 sense of purpose and meaning.
NOTE Confidence: 0.91599613
00:02:54.980 --> 00:02:56.452 Centered psychotherapy is usually
NOTE Confidence: 0.91599613
00:02:56.452 --> 00:02:58.660 done over 7 to 8 sessions.
NOTE Confidence: 0.91599613
00:02:58.660 --> 00:03:00.662 But it may change based on what
NOTE Confidence: 0.91599613

00:03:00.662 --> 00:03:03.141 your needs are as well as what the
NOTE Confidence: 0.91599613

00:03:03.141 --> 00:03:05.260 clinician thinks might be best for you.
NOTE Confidence: 0.91599613

00:03:05.260 --> 00:03:07.924 There are some forms of meaning
NOTE Confidence: 0.91599613

00:03:07.924 --> 00:03:10.089 centered psychotherapy that can be
NOTE Confidence: 0.91599613

00:03:10.089 --> 00:03:12.259 done in just a very brief session
NOTE Confidence: 0.91599613

00:03:12.259 --> 00:03:14.507 or over just a couple of days.
NOTE Confidence: 0.91599613

00:03:14.510 --> 00:03:16.448 So what will we talk about?
NOTE Confidence: 0.91599613

00:03:16.450 --> 00:03:16.772 Well,
NOTE Confidence: 0.91599613

00:03:16.772 --> 00:03:18.382 with the curriculum of meaning
NOTE Confidence: 0.91599613

00:03:18.382 --> 00:03:19.026 centered psychotherapy,
NOTE Confidence: 0.91599613

00:03:19.030 --> 00:03:21.137 we talk about different ways that you
NOTE Confidence: 0.91599613

00:03:21.137 --> 00:03:23.547 can find meaning through what does meaning,
NOTE Confidence: 0.86256087

00:03:23.550 --> 00:03:25.488 why does meaning matter to you?
NOTE Confidence: 0.86256087

00:03:25.490 --> 00:03:28.397 Why is it even important to talk about this?
NOTE Confidence: 0.86256087

00:03:28.400 --> 00:03:30.338 What are the sources of meaning?
NOTE Confidence: 0.86256087

00:03:30.340 --> 00:03:31.548 Who are you not?

NOTE Confidence: 0.86256087

00:03:31.548 --> 00:03:33.890 Just who are you now in today?

NOTE Confidence: 0.86256087

00:03:33.890 --> 00:03:35.500 But who were you before

NOTE Confidence: 0.86256087

00:03:35.500 --> 00:03:36.466 your cancer diagnosis,

NOTE Confidence: 0.86256087

00:03:36.470 --> 00:03:38.633 and who are you now after learning

NOTE Confidence: 0.86256087

00:03:38.633 --> 00:03:40.030 and living through cancer,

NOTE Confidence: 0.86256087

00:03:40.030 --> 00:03:42.606 what is your story looking at your past,

NOTE Confidence: 0.86256087

00:03:42.610 --> 00:03:44.860 your present, and your future?

NOTE Confidence: 0.86256087

00:03:44.860 --> 00:03:46.778 What is the attitude that you have

NOTE Confidence: 0.86256087

00:03:46.778 --> 00:03:48.927 and how has that shaped your cancer

NOTE Confidence: 0.86256087

00:03:48.927 --> 00:03:51.261 story and where you're at how you

NOTE Confidence: 0.86256087

00:03:51.261 --> 00:03:53.146 live your life through creativity,

NOTE Confidence: 0.86256087

00:03:53.150 --> 00:03:54.426 courage, responsibility and also

NOTE Confidence: 0.86256087

00:03:54.426 --> 00:03:56.660 how you can connect in your life,

NOTE Confidence: 0.86256087

00:03:56.660 --> 00:03:58.580 not only through love and nature,

NOTE Confidence: 0.86256087

00:03:58.580 --> 00:04:00.170 but also humor as well.

NOTE Confidence: 0.86256087

00:04:00.170 --> 00:04:02.263 And what are some of the hopes
NOTE Confidence: 0.86256087

00:04:02.263 --> 00:04:04.320 that you have for your future?
NOTE Confidence: 0.82177085

00:04:07.730 --> 00:04:10.572 So we're gonna talk base about Viktor
NOTE Confidence: 0.82177085

00:04:10.572 --> 00:04:12.590 Frankel's basic concept of meaning,
NOTE Confidence: 0.82177085

00:04:12.590 --> 00:04:16.346 and Viktor Frankel was an existential.
NOTE Confidence: 0.82177085

00:04:16.350 --> 00:04:17.238 Guys, psychiatrist,
NOTE Confidence: 0.82177085

00:04:17.238 --> 00:04:20.346 and what he came for believing about
NOTE Confidence: 0.82177085

00:04:20.346 --> 00:04:23.108 human existence is that all life has
NOTE Confidence: 0.82177085

00:04:23.108 --> 00:04:25.316 meaning that we apply the meaning
NOTE Confidence: 0.82177085

00:04:25.316 --> 00:04:27.892 at any given time that we are the
NOTE Confidence: 0.82177085

00:04:27.900 --> 00:04:29.740 creators and progenitors of meaning
NOTE Confidence: 0.82177085

00:04:29.740 --> 00:04:32.520 that we as human beings are motivated,
NOTE Confidence: 0.82177085

00:04:32.520 --> 00:04:35.117 motivated by this and that's the will
NOTE Confidence: 0.82177085

00:04:35.117 --> 00:04:38.260 to meaning that for him this was the
NOTE Confidence: 0.82177085

00:04:38.260 --> 00:04:40.220 fundamental concept of being human,
NOTE Confidence: 0.82177085

00:04:40.220 --> 00:04:42.915 that we were motivated by our purpose,

NOTE Confidence: 0.82177085

00:04:42.920 --> 00:04:45.446 our values and our answers to

NOTE Confidence: 0.82177085

00:04:45.446 --> 00:04:46.709 life's difficult questions.

NOTE Confidence: 0.82177085

00:04:46.710 --> 00:04:49.286 And with this capacity there is the

NOTE Confidence: 0.82177085

00:04:49.286 --> 00:04:52.028 freedom of will that we always have

NOTE Confidence: 0.82177085

00:04:52.028 --> 00:04:54.368 the chance to choose our response,

NOTE Confidence: 0.82177085

00:04:54.370 --> 00:04:56.668 no matter how dire the situation,

NOTE Confidence: 0.82177085

00:04:56.670 --> 00:04:58.425 how difficult the circumstances and

NOTE Confidence: 0.82177085

00:04:58.425 --> 00:05:00.671 how little control we might have

NOTE Confidence: 0.82177085

00:05:00.671 --> 00:05:02.407 over those external circumstances.

NOTE Confidence: 0.82177085

00:05:02.410 --> 00:05:05.763 We have the ability to choose internally

NOTE Confidence: 0.82177085

00:05:05.763 --> 00:05:09.458 how we live and how we find purpose

NOTE Confidence: 0.82177085

00:05:09.458 --> 00:05:12.360 and how we respond next please.

NOTE Confidence: 0.82177085

00:05:12.360 --> 00:05:14.558 So the definition of meaning what meaning

NOTE Confidence: 0.82177085

00:05:14.558 --> 00:05:17.078 can be a lot of different things,

NOTE Confidence: 0.82177085

00:05:17.080 --> 00:05:19.439 and it's unique to each person person.

NOTE Confidence: 0.82177085

00:05:19.440 --> 00:05:22.095 But what we look for is what pulls us
NOTE Confidence: 0.82177085

00:05:22.095 --> 00:05:24.191 through the difficult times that when
NOTE Confidence: 0.82177085

00:05:24.191 --> 00:05:26.850 we have purpose when we have meaning,
NOTE Confidence: 0.82177085

00:05:26.850 --> 00:05:30.330 we can endure anything we can.
NOTE Confidence: 0.82177085

00:05:30.330 --> 00:05:32.160 Overcome any obstacle and challenge
NOTE Confidence: 0.82177085

00:05:32.160 --> 00:05:35.006 by having a purpose that we are driven
NOTE Confidence: 0.82177085

00:05:35.006 --> 00:05:36.914 by and there is a responsibility.
NOTE Confidence: 0.82177085

00:05:36.920 --> 00:05:39.008 There is a responsibility to ourselves,
NOTE Confidence: 0.82177085

00:05:39.010 --> 00:05:41.086 to the people we care about.
NOTE Confidence: 0.82177085

00:05:41.090 --> 00:05:43.052 There is a concept of existential
NOTE Confidence: 0.82177085

00:05:43.052 --> 00:05:45.815 guilt of are we living the life we're
NOTE Confidence: 0.82177085

00:05:45.815 --> 00:05:48.316 supposed to be living and this is
NOTE Confidence: 0.82177085

00:05:48.316 --> 00:05:50.434 an intervention that allows us to
NOTE Confidence: 0.82177085

00:05:50.434 --> 00:05:52.658 examine our life and something like
NOTE Confidence: 0.82177085

00:05:52.658 --> 00:05:54.974 a cancer diagnosis might change how
NOTE Confidence: 0.82177085

00:05:54.974 --> 00:05:57.738 we look at the world and how we feel.

NOTE Confidence: 0.82177085

00:05:57.740 --> 00:05:59.828 And it's an opportunity for change.

NOTE Confidence: 0.82177085

00:05:59.830 --> 00:06:01.274 It's a it's a.

NOTE Confidence: 0.82177085

00:06:01.274 --> 00:06:02.357 Catalyst for growth,

NOTE Confidence: 0.82177085

00:06:02.360 --> 00:06:04.170 and so this is intervention.

NOTE Confidence: 0.82177085

00:06:04.170 --> 00:06:06.850 Builds off of that that we are the

NOTE Confidence: 0.82177085

00:06:06.850 --> 00:06:09.699 authors of our meeting and we can find

NOTE Confidence: 0.82177085

00:06:09.699 --> 00:06:12.519 what makes it worth living next weeks.

NOTE Confidence: 0.82177085

00:06:12.520 --> 00:06:15.080 So there are four basic sources of meaning

NOTE Confidence: 0.82177085

00:06:15.080 --> 00:06:17.608 that are defined in this intervention.

NOTE Confidence: 0.82177085

00:06:17.610 --> 00:06:19.983 One is 6 historical is Angela mention

NOTE Confidence: 0.82177085

00:06:19.983 --> 00:06:21.960 you know that's the continual,

NOTE Confidence: 0.82177085

00:06:21.960 --> 00:06:23.019 it's the past.

NOTE Confidence: 0.82177085

00:06:23.019 --> 00:06:25.490 It's the present and it's what we

NOTE Confidence: 0.82177085

00:06:25.569 --> 00:06:27.409 are giving to the future.

NOTE Confidence: 0.82177085

00:06:27.410 --> 00:06:28.946 It's an alive concept.

NOTE Confidence: 0.82177085

00:06:28.946 --> 00:06:31.820 Sometimes it's referred to as a legacy.

NOTE Confidence: 0.82177085

00:06:31.820 --> 00:06:33.605 Sometimes it's referred to our

NOTE Confidence: 0.82177085

00:06:33.605 --> 00:06:35.853 store and we have it throughout

NOTE Confidence: 0.82177085

00:06:35.853 --> 00:06:38.548 our our our stories that we share

NOTE Confidence: 0.82177085

00:06:38.548 --> 00:06:41.080 with other people like our fathers.

NOTE Confidence: 0.82177085

00:06:41.080 --> 00:06:43.887 Resiliency in a time of struggle or

NOTE Confidence: 0.82177085

00:06:43.887 --> 00:06:46.089 traditions that our family upholds

NOTE Confidence: 0.82177085

00:06:46.089 --> 00:06:48.849 every Christmas or you know Sunday

NOTE Confidence: 0.82177085

00:06:48.849 --> 00:06:51.266 dinners there are the things that

NOTE Confidence: 0.82177085

00:06:51.266 --> 00:06:52.690 make our life have.

NOTE Confidence: 0.82177085

00:06:52.690 --> 00:06:54.880 Sort of a coherent narrative and

NOTE Confidence: 0.82177085

00:06:54.880 --> 00:06:55.975 belief throughout it,

NOTE Confidence: 0.82177085

00:06:55.980 --> 00:06:59.274 and it's one of the sources we tap into,

NOTE Confidence: 0.82177085

00:06:59.280 --> 00:07:00.375 and we reflect.

NOTE Confidence: 0.82177085

00:07:00.375 --> 00:07:02.565 Attitudinal is a very important one.

NOTE Confidence: 0.82177085

00:07:02.570 --> 00:07:04.640 That's the ability to choose our

NOTE Confidence: 0.82177085
00:07:04.640 --> 00:07:06.866 response that we can choose how
NOTE Confidence: 0.82177085
00:07:06.866 --> 00:07:08.426 we respond to difficulty,
NOTE Confidence: 0.82177085
00:07:08.430 --> 00:07:10.255 how we respond to obstacles
NOTE Confidence: 0.82177085
00:07:10.255 --> 00:07:11.715 whenever we hit something,
NOTE Confidence: 0.82177085
00:07:11.720 --> 00:07:12.818 there is suffering.
NOTE Confidence: 0.82177085
00:07:12.818 --> 00:07:13.550 There's loss,
NOTE Confidence: 0.82177085
00:07:13.550 --> 00:07:14.326 there's difficulty,
NOTE Confidence: 0.82177085
00:07:14.326 --> 00:07:17.430 but we can choose how we now want
NOTE Confidence: 0.82177085
00:07:17.505 --> 00:07:19.808 to live our life and what new
NOTE Confidence: 0.82177085
00:07:19.808 --> 00:07:20.795 purpose we gain
NOTE Confidence: 0.8313016
00:07:20.874 --> 00:07:21.240 from.
NOTE Confidence: 0.8519744
00:07:23.380 --> 00:07:24.106 There's creative,
NOTE Confidence: 0.8519744
00:07:24.106 --> 00:07:25.558 creative isn't just painting,
NOTE Confidence: 0.8519744
00:07:25.560 --> 00:07:27.370 it isn't just creating great
NOTE Confidence: 0.8519744
00:07:27.370 --> 00:07:29.184 works of art. It's whatever.
NOTE Confidence: 0.8519744

00:07:29.184 --> 00:07:30.994 We invest our life's energy.
NOTE Confidence: 0.8519744

00:07:31.000 --> 00:07:32.452 It can be volunteering.
NOTE Confidence: 0.8519744

00:07:32.452 --> 00:07:34.630 It can be cultivating a garden.
NOTE Confidence: 0.8519744

00:07:34.630 --> 00:07:37.094 It can be our hobbies that can be
NOTE Confidence: 0.8519744

00:07:37.094 --> 00:07:38.989 playing with our grandchildren.
NOTE Confidence: 0.8519744

00:07:38.990 --> 00:07:41.168 It's very fluid, it's very open.
NOTE Confidence: 0.8519744

00:07:41.170 --> 00:07:43.704 It's whatever makes our heart feel happy.
NOTE Confidence: 0.8519744

00:07:43.710 --> 00:07:45.805 Whatever resonates with our creative
NOTE Confidence: 0.8519744

00:07:45.805 --> 00:07:48.669 energy is our energy in the world.
NOTE Confidence: 0.8519744

00:07:48.670 --> 00:07:50.082 Experiential is something we
NOTE Confidence: 0.8519744

00:07:50.082 --> 00:07:52.200 have access to all the time.
NOTE Confidence: 0.8519744

00:07:52.200 --> 00:07:53.608 It's really about being
NOTE Confidence: 0.8519744

00:07:53.608 --> 00:07:55.016 alive and feeling alive.
NOTE Confidence: 0.8519744

00:07:55.020 --> 00:07:56.994 It's about sitting with your best
NOTE Confidence: 0.8519744

00:07:56.994 --> 00:07:58.910 friend and joking and laughing.
NOTE Confidence: 0.8519744

00:07:58.910 --> 00:08:01.395 It's about sitting at the seaside and

NOTE Confidence: 0.8519744

00:08:01.395 --> 00:08:03.521 watching the waves coming and being

NOTE Confidence: 0.8519744

00:08:03.521 --> 00:08:05.831 over overwhelmed by the beauty of a

NOTE Confidence: 0.8519744

00:08:05.899 --> 00:08:08.440 sunset and the majesty that's out there.

NOTE Confidence: 0.8519744

00:08:08.440 --> 00:08:10.744 It's about anytime in moment where

NOTE Confidence: 0.8519744

00:08:10.744 --> 00:08:13.103 we feel connected and alive and

NOTE Confidence: 0.8519744

00:08:13.103 --> 00:08:14.988 it's something we have access

NOTE Confidence: 0.8519744

00:08:14.988 --> 00:08:17.270 just by sitting looking out the

NOTE Confidence: 0.8519744

00:08:17.270 --> 00:08:19.070 window and seeing a plant.

NOTE Confidence: 0.8519744

00:08:19.070 --> 00:08:23.720 Or flower next please. So.

NOTE Confidence: 0.8519744

00:08:23.720 --> 00:08:27.080 How is this helpful for cancer survivors?

NOTE Confidence: 0.8519744

00:08:27.080 --> 00:08:30.203 Angela is gonna share a few of her thoughts.

NOTE Confidence: 0.8545182

00:08:31.910 --> 00:08:34.208 So in meeting patients like you

NOTE Confidence: 0.8545182

00:08:34.208 --> 00:08:36.270 and the cancer survivorship clinic,

NOTE Confidence: 0.8545182

00:08:36.270 --> 00:08:39.526 it's really not uncommon.

NOTE Confidence: 0.8545182

00:08:39.526 --> 00:08:41.588 That cancer survivors expressed

NOTE Confidence: 0.8545182

00:08:41.588 --> 00:08:44.084 to me that they feel lost,
NOTE Confidence: 0.8545182

00:08:44.090 --> 00:08:46.180 that their perspective has changed,
NOTE Confidence: 0.8545182

00:08:46.180 --> 00:08:48.260 that the priorities have changed,
NOTE Confidence: 0.8545182

00:08:48.260 --> 00:08:49.301 that they're really,
NOTE Confidence: 0.8545182

00:08:49.301 --> 00:08:51.730 truly wanting to be a part of
NOTE Confidence: 0.8545182

00:08:51.806 --> 00:08:54.098 something bigger than themselves.
NOTE Confidence: 0.8545182

00:08:54.100 --> 00:08:55.764 After going through something
NOTE Confidence: 0.8545182

00:08:55.764 --> 00:08:57.844 like cancer and cancer treatment,
NOTE Confidence: 0.8545182

00:08:57.850 --> 00:09:01.120 and you know this curriculum.
NOTE Confidence: 0.8545182

00:09:01.120 --> 00:09:03.664 Can be utilized again at any point in
NOTE Confidence: 0.8545182

00:09:03.664 --> 00:09:05.570 time throughout your cancer journey.
NOTE Confidence: 0.8545182

00:09:05.570 --> 00:09:08.298 You know at the beginning at the middle,
NOTE Confidence: 0.8545182

00:09:08.300 --> 00:09:10.142 in survivorship or even at the
NOTE Confidence: 0.8545182

00:09:10.142 --> 00:09:12.810 end of life at any point in time
NOTE Confidence: 0.8545182

00:09:12.810 --> 00:09:14.856 you can be examining what brings
NOTE Confidence: 0.8545182

00:09:14.933 --> 00:09:17.189 purpose and meaning to your life.

NOTE Confidence: 0.8545182

00:09:17.190 --> 00:09:19.584 You know just some examples I've had.

NOTE Confidence: 0.8545182

00:09:19.590 --> 00:09:21.642 Patients come to me who've participated

NOTE Confidence: 0.8545182

00:09:21.642 --> 00:09:23.010 in meaning centered psychotherapy,

NOTE Confidence: 0.8545182

00:09:23.010 --> 00:09:24.906 and they decide that they want

NOTE Confidence: 0.8545182

00:09:24.906 --> 00:09:27.297 to change jobs that they want to

NOTE Confidence: 0.8545182

00:09:27.297 --> 00:09:29.421 akarere a career change because the

NOTE Confidence: 0.8545182

00:09:29.421 --> 00:09:31.609 current job that they're working in.

NOTE Confidence: 0.8545182

00:09:31.610 --> 00:09:33.938 Isn't bringing in purpose and meaning,

NOTE Confidence: 0.8545182

00:09:33.940 --> 00:09:36.649 and they want to do something else?

NOTE Confidence: 0.8545182

00:09:36.650 --> 00:09:38.966 I've had patience and some negative

NOTE Confidence: 0.8545182

00:09:38.966 --> 00:09:40.993 relationships that they were involved

NOTE Confidence: 0.8545182

00:09:40.993 --> 00:09:43.073 with and wanting to cultivate

NOTE Confidence: 0.8545182

00:09:43.073 --> 00:09:44.737 more positive relationships as

NOTE Confidence: 0.8545182

00:09:44.807 --> 00:09:46.739 they move forward in the future.

NOTE Confidence: 0.8545182

00:09:46.740 --> 00:09:48.605 Another patient of mine created

NOTE Confidence: 0.8545182

00:09:48.605 --> 00:09:51.010 a lending library at her church.
NOTE Confidence: 0.8545182

00:09:51.010 --> 00:09:52.975 Somebody else went ahead and
NOTE Confidence: 0.8545182

00:09:52.975 --> 00:09:54.940 cataloged all of their family
NOTE Confidence: 0.8545182

00:09:55.009 --> 00:09:57.186 photographs to be able to pass that
NOTE Confidence: 0.8545182

00:09:57.186 --> 00:09:59.550 down to to their grandchildren.
NOTE Confidence: 0.8545182

00:09:59.550 --> 00:10:01.970 So again, there's lots of.
NOTE Confidence: 0.8545182

00:10:01.970 --> 00:10:05.200 Wonderful inspirational.
NOTE Confidence: 0.8545182

00:10:05.200 --> 00:10:06.832 Things that come out of somebody
NOTE Confidence: 0.8545182

00:10:06.832 --> 00:10:08.750 participating in this form of psychotherapy?
NOTE Confidence: 0.8545182

00:10:08.750 --> 00:10:09.046 Ryan,
NOTE Confidence: 0.8545182

00:10:09.046 --> 00:10:11.118 do you have any experiences to share?
NOTE Confidence: 0.8540026

00:10:11.740 --> 00:10:13.875 Yeah, I mean just what you said.
NOTE Confidence: 0.8540026

00:10:13.880 --> 00:10:15.400 I mean it's it's beautiful.
NOTE Confidence: 0.8540026

00:10:15.400 --> 00:10:17.332 It's really sort of the unsought gifts
NOTE Confidence: 0.8540026

00:10:17.332 --> 00:10:19.157 of cancer is that people suddenly
NOTE Confidence: 0.8540026

00:10:19.157 --> 00:10:21.041 find out what is most significant

NOTE Confidence: 0.8540026

00:10:21.041 --> 00:10:23.294 and what is most meaningful and they

NOTE Confidence: 0.8540026

00:10:23.294 --> 00:10:25.156 live their life according Lee Ann.

NOTE Confidence: 0.8540026

00:10:25.156 --> 00:10:26.671 It's really empowering and it

NOTE Confidence: 0.8540026

00:10:26.671 --> 00:10:28.826 feels good and similar things of a

NOTE Confidence: 0.8540026

00:10:28.826 --> 00:10:30.608 person quitting their job and it

NOTE Confidence: 0.8540026

00:10:30.669 --> 00:10:32.487 being the happiest day of their

NOTE Confidence: 0.8540026

00:10:32.487 --> 00:10:34.468 life and other people of you know,

NOTE Confidence: 0.8540026

00:10:34.468 --> 00:10:36.260 described it as sort of a rebirth

NOTE Confidence: 0.8540026

00:10:36.323 --> 00:10:38.078 for themselves and the recognition

NOTE Confidence: 0.8540026

00:10:38.078 --> 00:10:40.501 that maybe they didn't stand up for

NOTE Confidence: 0.8540026

00:10:40.501 --> 00:10:42.622 themselves before and now they do because.

NOTE Confidence: 0.8540026

00:10:42.630 --> 00:10:44.450 They know how valuable they are and

NOTE Confidence: 0.8540026

00:10:44.450 --> 00:10:46.507 and in this it's it's worth while.

NOTE Confidence: 0.8540026

00:10:46.510 --> 00:10:48.094 They have their reasons to do

NOTE Confidence: 0.8540026

00:10:48.094 --> 00:10:50.110 it so you know it's it's it's.

NOTE Confidence: 0.8540026

00:10:50.110 --> 00:10:52.168 It's very unique to each individual and
NOTE Confidence: 0.8540026

00:10:52.168 --> 00:10:54.814 you get to shape it the way you want to.
NOTE Confidence: 0.8766636

00:10:58.280 --> 00:11:00.800 So we wanted to end with meaningful moments.
NOTE Confidence: 0.8766636

00:11:00.800 --> 00:11:02.396 This is the type of exercise
NOTE Confidence: 0.8766636

00:11:02.396 --> 00:11:04.579 that you do in the intervention.
NOTE Confidence: 0.8766636

00:11:04.580 --> 00:11:06.404 This is really looking at your
NOTE Confidence: 0.8766636

00:11:06.404 --> 00:11:08.641 life and running down one or two
NOTE Confidence: 0.8766636

00:11:08.641 --> 00:11:10.246 significant moments in your life.
NOTE Confidence: 0.8766636

00:11:10.250 --> 00:11:11.510 Something that felt good,
NOTE Confidence: 0.8766636

00:11:11.510 --> 00:11:13.400 something that just comes to mind.
NOTE Confidence: 0.8766636

00:11:13.400 --> 00:11:15.605 It can be something that was really,
NOTE Confidence: 0.8766636

00:11:15.610 --> 00:11:16.238 truly significant,
NOTE Confidence: 0.8766636

00:11:16.238 --> 00:11:18.436 or it could be something very simple.
NOTE Confidence: 0.8766636

00:11:18.440 --> 00:11:20.165 Whatever comes to your heart
NOTE Confidence: 0.8766636

00:11:20.165 --> 00:11:22.582 right down the jot down and think
NOTE Confidence: 0.8766636

00:11:22.582 --> 00:11:24.766 about what it moment that was and

NOTE Confidence: 0.8766636

00:11:24.766 --> 00:11:26.866 why it felt so special to you.

NOTE Confidence: 0.8766636

00:11:26.870 --> 00:11:28.956 And we felt alive or just connected

NOTE Confidence: 0.8766636

00:11:28.956 --> 00:11:31.608 and we want you to take this experience

NOTE Confidence: 0.8766636

00:11:31.608 --> 00:11:33.930 and share it with someone you love.

NOTE Confidence: 0.8766636

00:11:33.930 --> 00:11:35.841 Take this moment and give it to

NOTE Confidence: 0.8766636

00:11:35.841 --> 00:11:37.767 them and and just explore because

NOTE Confidence: 0.8766636

00:11:37.767 --> 00:11:39.849 this is really those things that

NOTE Confidence: 0.8766636

00:11:39.849 --> 00:11:41.912 we don't really always take time

NOTE Confidence: 0.8766636

00:11:41.912 --> 00:11:43.881 to reflect on and think about.

NOTE Confidence: 0.8766636

00:11:43.881 --> 00:11:46.449 But it's the pure goal that we're all.

NOTE Confidence: 0.8766636

00:11:46.450 --> 00:11:47.706 We all have inside.

NOTE Confidence: 0.8766636

00:11:47.706 --> 00:11:49.979 So if you take this moment and

NOTE Confidence: 0.8766636

00:11:49.979 --> 00:11:51.905 then some of the examples is,

NOTE Confidence: 0.8766636

00:11:51.910 --> 00:11:52.670 you know,

NOTE Confidence: 0.8766636

00:11:52.670 --> 00:11:54.950 spending time with your grandkids or

NOTE Confidence: 0.8766636

00:11:54.950 --> 00:11:57.298 playing catch with a family member or.

NOTE Confidence: 0.8766636

00:11:57.300 --> 00:11:59.400 One group everyone was talking about

NOTE Confidence: 0.8766636

00:11:59.400 --> 00:12:01.148 trees and someone mentioned this

NOTE Confidence: 0.8766636

00:12:01.148 --> 00:12:02.858 beautiful red tree and the whole

NOTE Confidence: 0.8766636

00:12:02.858 --> 00:12:04.865 group went and drove past this red

NOTE Confidence: 0.8766636

00:12:04.865 --> 00:12:06.812 treat and it was all inspiring and

NOTE Confidence: 0.8766636

00:12:06.812 --> 00:12:08.926 so these are things we can share

NOTE Confidence: 0.8766636

00:12:08.926 --> 00:12:11.120 with each other and and you know,

NOTE Confidence: 0.8766636

00:12:11.120 --> 00:12:12.956 we thank you for this opportunity

NOTE Confidence: 0.8766636

00:12:12.956 --> 00:12:14.190 and thank you, Angela.

NOTE Confidence: 0.865146200000001

00:12:14.820 --> 00:12:16.758 Yes, thank you, Brian and thank

NOTE Confidence: 0.865146200000001

00:12:16.758 --> 00:12:19.626 you to all of you who took a few

NOTE Confidence: 0.865146200000001

00:12:19.626 --> 00:12:21.795 minutes out of your day to listen

NOTE Confidence: 0.865146200000001

00:12:21.795 --> 00:12:24.535 to us present and if any of you are

NOTE Confidence: 0.865146200000001

00:12:24.535 --> 00:12:26.460 interested in learning more about

NOTE Confidence: 0.865146200000001

00:12:26.460 --> 00:12:28.000 meeting centered psychotherapy or

NOTE Confidence: 0.8651462000000001

00:12:28.054 --> 00:12:30.052 would like to speak to any one of us,

NOTE Confidence: 0.8651462000000001

00:12:30.060 --> 00:12:32.237 please feel free to contact myself again.

NOTE Confidence: 0.8651462000000001

00:12:32.240 --> 00:12:34.081 My name is Angela Corolla and I'm

NOTE Confidence: 0.8651462000000001

00:12:34.081 --> 00:12:35.654 through the Yale Cancer Center

NOTE Confidence: 0.8651462000000001

00:12:35.654 --> 00:12:37.826 survivorship program at Smilow and Brian.

NOTE Confidence: 0.8219479

00:12:38.500 --> 00:12:41.104 I'm in a I'm Brian General Jin,

NOTE Confidence: 0.8219479

00:12:41.110 --> 00:12:43.720 and I'm in trouble in Greenwich. Alright

NOTE Confidence: 0.8219479

00:12:43.720 --> 00:12:48.031 buddy, have a great day bye bye thank you.