Acceptance and Commitment Therapy in Psychosocial Oncology: From Theory to Clinical Practice

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SUBMISSION DETAILS

Overall Abstract Acceptance and Commitment Therapy (ACT) is an evidence-based behavioral intervention well suited to the psychological challenges faced by individuals with cancer. Rather than targeting symptom reduction as its primary goal, ACT helps patients build psychological flexibility: the capacity to engage in meaningful, values-consistent living while making room for the difficult thoughts, emotions, urges, and physical symptoms that often accompany diagnosis, treatment, survivorship, and advanced disease.

As the evidence base for ACT in oncology grows, clinicians increasingly seek practical guidance on adapting its principles to the medical, emotional, and existential concerns encountered across cancer care. This interactive pre-conference workshop is designed for psychologists, social workers, psychiatrists, oncologists, other physicians, nurses, trainees, and other psychosocial oncology professionals. It is appropriate both for those new to ACT and for those seeking to adapt ACT to oncology settings, including brief, ACT-informed strategies that can be used outside of formal therapy encounters. The workshop integrates didactic instruction, experiential exercises, clinical demonstration, case examples, and small-group practice.

Dr. Miryam Yusufov (Dana-Farber Cancer Institute/Harvard Medical School), workshop chair, will introduce the theoretical foundations of ACT. This includes the psychological flexibility model and its six core processes, and how they map onto common oncology challenges such as uncertainty, fear of recurrence, treatment-related distress, and chronic symptoms such as pain and fatigue. Dr. Joanna Arch (University of Colorado) will review the current empirical evidence for ACT interventions across the cancer continuum, along with considerations for implementing ACT in diverse oncology settings and interdisciplinary care models. Dr. Alexandra Murray (Cleveland Clinic) will demonstrate the clinical application of ACT across the cancer care continuum with specific case examples in work with breast cancer patients. Dr. Yusufov will then present practical ACT tools that patients with cancer have used in research and clinical settings, [including tools drawn from several ongoing funded studies of ACT interventions for a range of concerns within cancer populations].

The workshop will close with facilitated small-group practice. Participants will develop case conceptualizations using the psychological flexibility model, drawing on clinical cases that span active treatment, survivorship, and palliative care.

Learning Objectives

Learning Objective #1 Describe the six core processes of the psychological flexibility model and their relevance to common cancer-related challenges, such as uncertainty, fear of recurrence, pain, and fatigue.

Learning Objective #2 Apply at least two ACT techniques that can be integrated into routine psycho-oncology care.

Learning Objective #3 Develop an ACT-based case conceptualization for a patient with cancer.

Does your submission directly address equity in psychosocial oncology as related to age, race, ethnicity, religion, culture, language, disability, socioeconomic status, sexual orientation, gender identity and/or expression? No

Speaker Consent & Release of Rights I CONSENT: I have read and agree to the above terms and conditions. My presentation may be recorded by any means, including through the App, and made available to attendees and for other uses as described herein.

Signature Miryam Yusufov

DISCLOSURE

Financial Relationships

Disclosure Yes, I do have a financial relationship to disclose.

Financial Relationships Details

Commercial Interest	Type of Financial Interest
One Huddle	Consultant

Statement 1 I Agree.

Statement 2 I Agree.

Statement 3 I Agree.

Statement 4 I Agree.

Statement 5 I Agree.

Statement 6 I Agree.