

Cognitive Behavioral Therapy for Cancer-Related Fatigue

July 23, 2019 | 11:00 AM – 12:30 PM CDT | 12:00 PM – 1:30 PM EDT



Presented By:

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This webinar will discuss a cognitive behavioral approach to reduce cancer-and treatment-related fatigue.

Dr. Poort will begin with a background on cancer-related fatigue (CRF). She will focus on the aetiology, the rates of fatigue across disease stages, and the impact of fatigue on psychosocial domains. The cognitive behavioral model of CRF will be explained, which has been the basis for a CBT intervention specifically aimed at reducing fatigue in cancer survivors. After discussing the scientific evidence for CBT for fatigue in different populations, Dr. Poort will describe specific intervention elements and discuss how fatigue-perpetuating factors can be assessed and addressed during therapy. She will also review how the intervention can be adapted to new populations, such as patients with advanced cancer or those receiving more chronic cancer treatment with oral agents.

Learning Objectives:

- Understand the aetiology, rate, and impact of CRF across disease stages
- Describe the evidence base for CBT for fatigue in cancer survivors and other populations
- Identify which beliefs and behaviors can perpetuate CRF in cancer survivors and how to assess them
- Describe the different intervention elements of CBT for fatigue and how to address them during therapy

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