

'Your Self-Care Tool-Box' - Strategies for Clinicians Who Work in End-Of-Life Care

Submission ID	3005095
Submission Type	Workshop
Topic	Clinical
Status	Submitted
Submitter	Sue Morris
Affiliation	Dana-Farber Cancer Institute
Participant(s)	Sue Morris (Chair), Michelle Jacobo (Presenter)

SUBMISSION DETAILS

Overall Abstract Caring for sick and dying patients presents a unique challenge for clinicians, especially given we are not immune from grief and loss in our own lives. Little formal training exists about dealing with the 'burden of care', including what we witness, and clinicians often feel emotionally unprepared to care for patients at the end-of-life. With the constant exposure to serious illness and death, clinicians need to learn effective strategies to manage stress associated with complex cancer treatments and patient deaths to prevent burnout, compassion fatigue and other mental health issues.

In this interactive workshop, participants will discuss the challenges and barriers to self-care and learn practical individual and team based strategies for coping with what they experience on a daily basis. Applying the psychological principles of cognitive-behavior therapy (CBT), 'Your self-care tool-box' has been developed to promote self-care for clinicians working in the field of oncology and palliative care.

Learning Objectives

Learning Objective #1 Participants will be able to outline the importance of self-care from a psychological perspective.

Learning Objective #2 Participants will be able identify barriers to self-care.

Learning Objective #3 Participants will be able to describe six psychological self-care strategies that clinicians can use either individually or with teams.

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

Video Consent & Release of Rights I have read and agree to the above terms and conditions.

Signature Sue Morris

DISCLOSURE

Financial Relationships

Disclosure Yes, I do have an ineligible company(s) to disclose.

Financial Relationships Details

Commercial Interest	Type of Financial Interest
Robinson Publishers, UK	Royalties
Pais em Luto (Parents in Bereavement) Sao Paulo, Brazil	Advisory Board

Statement 1 I Agree.

Statement 2 I Agree.

Statement 3 I Agree.

Statement 4 I Agree.

Statement 5 I Agree.

Statement 6 I Agree.

Statement 7 I Agree.

Statement 8 I Agree.

Statement 9 I Agree.

Employee Disclosure No

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Signature Sue Morris

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"Your Self-Care Tool-Box"-Strategies for Clinicians who Work in End of Life Care

Submission ID 3005095
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Topic Clinical
Status Submitted
Submitter Michelle Jacobo
Affiliation Dana Farber Cancer Institute
Participant(s) Sue Morris (Chair), Michelle Jacobo (Presenter)

DISCLOSURE

Financial Relationships

Disclosure No, I have nothing to disclose.

Statement 1 I Agree.

Statement 2 I Agree.

Statement 3 I Agree.

Statement 4 I Agree.

Statement 5 I Agree.

Statement 6 I Agree.

Statement 7 I Agree.

Statement 8 I Agree.

Statement 9 I Agree.

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Signature MCJacobob