

# Mind Body Program for Cancer Survivors

Adolescent and Young Adult Group | Stress Management and Resilience Training (SMART)

## Program Overview

The Mass General Cancer Center is pleased to offer the Benson-Henry Institute for Mind Body Medicine's highly regarded SMART-3RP training to adolescent and young adult (AYA) cancer survivors ages 18-39.

This skills-based program is designed to help patients manage the physical, social, and emotional changes they may experience after cancer treatment. Our goal is to teach patients critical tools to help optimize their quality of life and overall resiliency. Specifically, this program helps patients:

- Cope with general life stress
- Manage the physical, social and emotional aftereffects of cancer treatment
- Learn self-care techniques, through relaxation, mindful awareness and adaptive thought patterns
- Increase their sense of control, optimism, acceptance and overall well-being



## Program Format



**8 Weekly Group Classes:** led by a licensed psychologist or psychiatrist over Zoom

**Program Elements:** interactive lessons, skills training, healthy lifestyle behaviors, symptom monitoring, self-care

## Program Fit & Payment

This program is open to patients who:

- Are post-treatment or living with cancer
- Have a Mass General provider
- Can participate virtually from within Massachusetts
- Are ages 18-39

The Mass General Mind Body Program is billed to insurance, but copays may apply (*\*please contact your insurer to confirm coverage*)

## Program Registration & Dates

- [Click here](#) to register directly
- [Click here](#) to visit our program's website
- Email [mghsurvivorship@partners.org](mailto:mghsurvivorship@partners.org) for questions or to confirm program fit

**Mondays 6:00 – 7:30 PM, starting 4/14**

**With Zeba Ahmad, PhD**

*Rolling registration offered to patients ages 18-39*

*Group timing is subject to change*



# Mass General Mind Body Program for Cancer Survivors

## Frequently asked questions

### **Who is the program for?**

This program is for adults who have completed their cancer treatment or who are living with cancer. It is not recommended for newly diagnosed patients; however, there are some exceptions. For more information about whether this program is the right fit for you, please send questions to [MGHSURVIVORSHIP@partners.org](mailto:MGHSURVIVORSHIP@partners.org).

### **What is the goal of the group program?**

This program is designed to support patients who have completed cancer treatment by providing critical tools to help them cope with the experience of their diagnosis and treatment as well as adjust to life after treatment.

### **What will group sessions be like?**

During each group session, we will introduce a variety of mind-body and cognitive behavioral tools to help you adapt to and navigate some of the challenges that you may experience with the transition to post-treatment survivorship as well as other ongoing life challenges. We will also introduce other practical strategies for managing life stress and developing healthy physical activity, nutrition and sleep habits.

### **Will the groups talk specifically about cancer?**

Conversations during sessions might naturally focus on the challenges of cancer survivorship. However, we also often talk about other chronic life stressors and goals. Importantly, this program encourages you to set goals and build skills that will be most relevant to you.

### **Where is the program held?**

All classes are currently held online via Zoom. Upon registering, you will be sent a Zoom link which will be used for all 8 sessions.

### **Can I join at any time?**

We invite participants to join for the full 8-week program. New groups start approximately every 3 months. Please contact [MGHSURVIVORSHIP@partners.org](mailto:MGHSURVIVORSHIP@partners.org) for information about the next group start date.

### **What if I can't make it to all the sessions?**

We understand that things often come up that may make it difficult for you to attend – that's ok! If you have to miss a session, let your group facilitator know prior to the session either via email or phone. Sessions do build on skills learned from earlier sessions, so we encourage you to review any missed material before the next session.

### **Do I have to be a Mass General patient to join the program?**

Yes, we offer the program to adults who receive their care at a Mass General location.

### **Will I be billed for the group sessions?**

Most health insurances provide coverage for this program. However, some patients will have a co-pay. We strongly encourage you to contact your health insurance carrier to find out whether you will have any co-pays or deductibles to consider for *group therapy, code 90853*.

### **Are there any additional program fees?**

No, the cost of the program materials is covered.

### **When will I receive the program materials?**

You will receive the materials prior to the first group session.

### **Can my friend/family join?**

Unfortunately, because this group is geared toward individuals who have completed treatment, we are unable to accommodate individuals without a history of cancer. There is, however, the original program at the Benson-Henry Institute for Mind Body Medicine. If you believe your family/friend is interested, ask your group facilitator for more information.