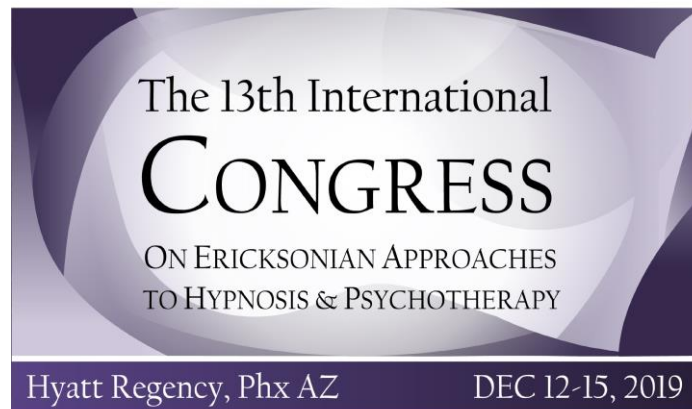


Coping with Cancer: Helping Patients Play an Active Role in Their Treatment

Neil A. Fiore, PhD



Let your subconscious mind guide you



Living Beyond Limits

- *“All of the studies cited ... point in the same direction: You do better when you learn to take charge of the course of your illness realistically.*
- *You cannot control everything, you cannot undo what has been done (like getting the disease), but you will benefit by taking hold of your current situation in whatever way is possible. . . .*
- *When your life is threatened, take hold and make the most of it; don't give up on it.” -- Dr. David Spiegel, (1994) Living Beyond Limits*

Spiegel, D., Bloom, H.C., Kraemer, J.R., & Gottheil, E. (1989).
Effect of psychosocial treatment on survival of patients with metastatic breast cancer. Lancet, 2, 888-901.

See: Irvin Yalom: *The Theory and Practice of Group Psychotherapy*

Educational Objectives

- *Identify* the words and phrases that contribute to patient stress, resistance, and depression.
- *Demonstrate* how to help patients replace negative hypnotic statements/self-talk/images with statements that lower stress and increase empowerment.
- *State* at least two images that acknowledge the body's ability to cope with disease and medical treatment.

What to De-Hypnosis

- *Identify* the key words and phrases that contribute to patient stress, resistance, and depression.
 - “I *have to* have surgery, biopsy, chemotherapy
 - “Cancer has *spread* to my lungs, lymph nodes, brain”
 - “Cancer is strong; my *body is weak*”
 - “I was told I have one year to live”
 - “I am being punished for bad behavior/thoughts”
 - “Stress and diet *caused* my cancer”
 - “I hate my body”
 - “Getting cancer has ruined my life”

What do your clients say? _____

Training patients in Stress Management

- *Dialectic Behavior Therapy* methods to challenge worries, self-threats, and ambivalence, using *Motivational Interviewing* --
Miller and Rollnick: directive, client-centered counseling to prompt behavior change by helping clients to explore and resolve ambivalence.
- Presenting chemotherapy (and medical treatment) as a “strong ally” capable of destroying rapidly dividing cells, such as hair and cancer cells.
- Deep relaxation and Self-Hypnosis to decrease stress hormones and to keep patients in a state similar to the most recuperative phases of sleep. [see Spiegel (2011)]
- Shifting to a protective role toward one’s body: evoking compassion, gratitude, acceptance, and worth, “no matter what happens and regardless of what anyone says.”– Watkins, J. & Watkins, H. *Ego States: Theory and therapy*. Norton, 1997.

Building/evoking Resilience

- *help patients replace **negative** hypnotic statements/self-talk/images with statements that lower stress and increase empowerment.*
 - 99% of you is free of cancer and healthy
 - Your lungs, lymph nodes, and immune system are holding and fighting the confused cancer cells
 - Your subconscious genius is working for you and cooperating with medical treatment
 - *Temporary* hair loss, is a sign that the medication is working. “Your healthy hair cells will recover, but the weak, confused cancer cells will be destroyed and removed from your body.”
 - Your life is more than that of being a cancer patient – give time, energy, attention to the healthy parts of you

What would you say to your clients? _____

Survival rates are over 69% for most cancer sites

- State at least two images that acknowledge the body's ability to cope with medical treatment
 - Cancer Survivors Day – first Sunday in June
 - White, killer T-cells and Macrophages attacking a cancer cell
 - Sloan-Kettering Veteran Patient Program
 - The power of choosing your treatment
 - Ruth Bader Ginsburg: 3 cancers and still working and surviving
 - Anti-Angiogenic Foods – Drugs and foods that block the process of blood-vessel creation, known as angiogenesis, have been approved to treat certain types of colon, lung, and breast tumors, as well as other cancers
 - see Dana-Farber Cancer Institute http://blog.ted.com/dr_william_lis/
 - Immunotherapy

Trends in Five-year Relative Survival Rates (%), 1975-2014

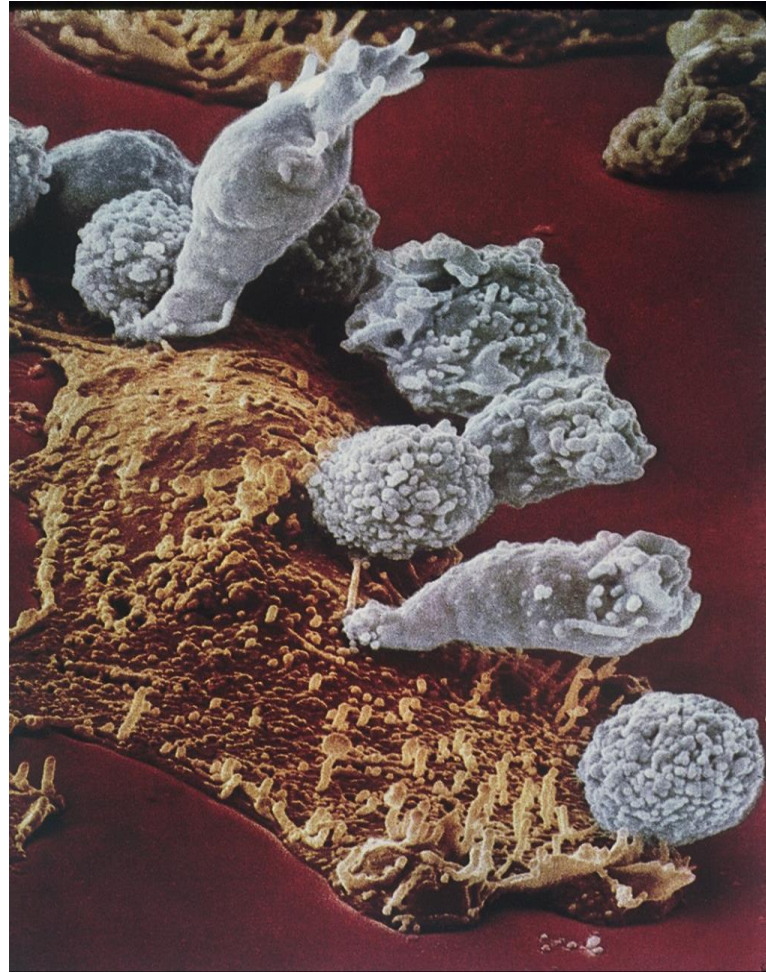
Site	1975-1977	1987-1989	2008-2014
All sites	49	55	69
Breast (female)	75	84	91
Colorectum	50	60	66
Leukemia	34	43	65
Lung & bronchus	12	13	20
Melanoma of the skin	82	88	94
Non-Hodgkin lymphoma	47	51	74
Ovary	36	38	48
Pancreas	3	4	9
Prostate	68	83	99
Urinary bladder	72	79	78

5-year relative survival rates based on patients diagnosed in the 9 oldest SEER registries from 1975-1977, 1987-1989, and 2008-2014, all followed through 2015.

Source: Surveillance, Epidemiology, and End Results (SEER) Program, National Cancer Institute, 2018.

White cells attaching a cancer cell

Lennart Nilsson, *Behold Man* and *The Body Victorious*



Antiangiogenic Substances starve cancer

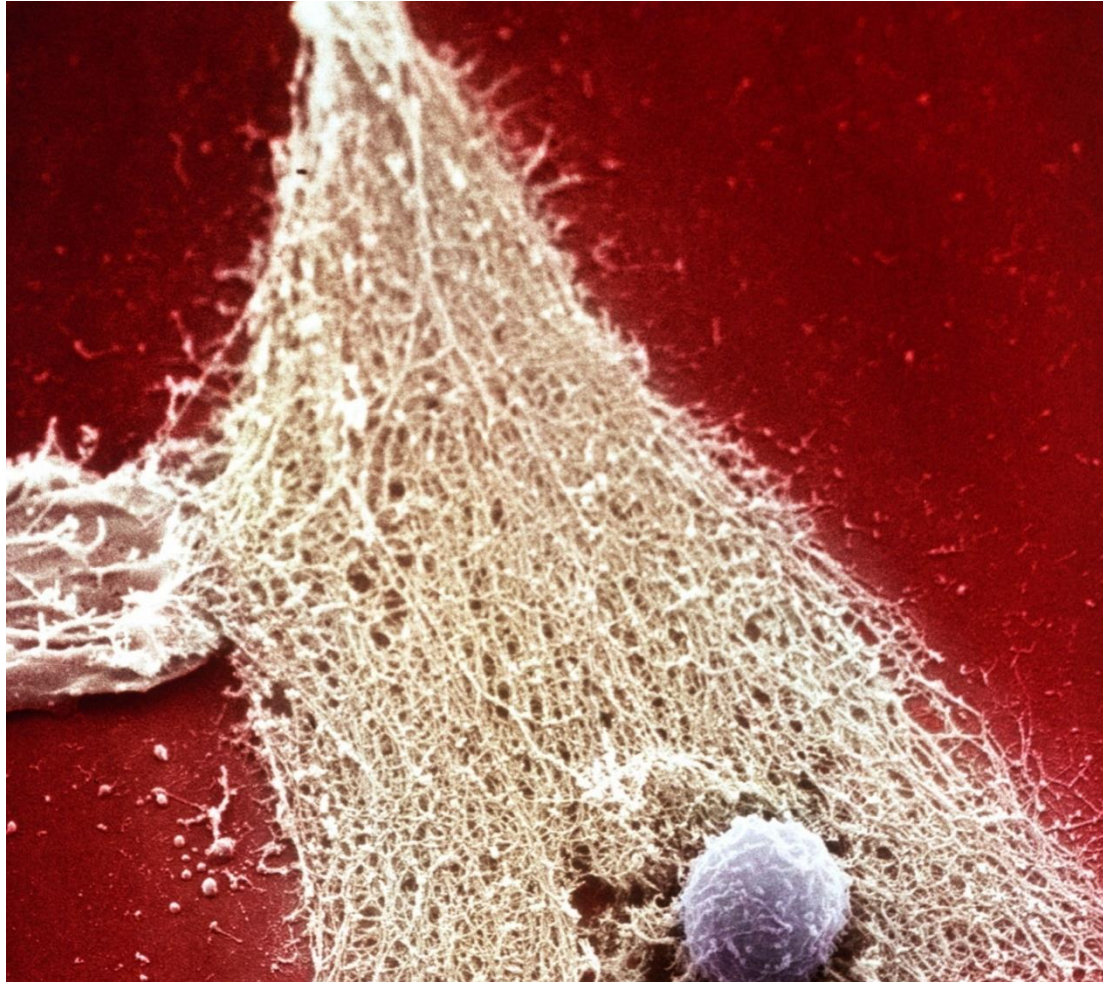
Dietary Sources of Naturally-Occurring Antiangiogenic Substances

Green tea	Red grapes	Lavender
Strawberries	Red wine	Pumpkin
Blackberries	Bok choy	Sea Cucumber
Raspberries	Kale	Tuna
Blueberries	Soy beans	Parsley
Oranges	Ginseng	Garlic
Grapefruit	Maitake mushroom	Tomato
Lemons	Licorice	Olive oil
Apples	Turmeric	Grape seed oil
Pineapple	Nutmeg	Dark chocolate
Cherries	Artichokes	Others

Source: Angiogenesis Foundation (www.angio.org)

A Killer T/White cell stands over a dead cancer cell

Photo by Lennart Nilsson in National Geographic, 1986, 702-734



4 C's of Optimal Recovery

- **Create Safety**

- Safety replaces threats of danger & shuts off Stress

- **Choose**

- Prefrontal cortex choice replaces inner conflict of 'have to' v. 'I don't want to'

- **Commit**

- Integrates your efforts and focuses them on the entire process or path – every step of the way

- **Center**

- Center in the present – the only time in which you can be effective; shuts off anxiety

Erickson Indirect Hypnosis

- There are a lot of things that you want to accomplish
- Your unconscious mind can work on them, really ...
- Work hard on them at its convenience.
- And work very hard on them. Your unconscious mind can really work on those matters. Really work on them.
- There are a number of them. And you can really work on them . . . And over the next few moments, the next few hours, days, nights, and in 3, 6, 9 weeks . . . A tremendous amount of healing can be taking place . . .
- Even though *you* as a conscious doesn't know how . . . You learned to stand on your own two feet, to walk, run, ride a bike, fly in a plane . . .

Your Clinical Skills

- Your images that lower stress and evoke active participation:

- Your stories
- Dispelling negative image of the body as weak
- Replace “cancer is spreading,” with images of the body holding cancer in place in lymph nodes and in the blood’s filtering system, the lungs –
- “99% of you is healthy and working with treatment to remove the weak and confused cancer cells that make up less than 1% of your body.”
- Prepare Questions for your doctor: “What type of cancer?” “What are my treatment options?” “Side-effects?”

Shift to Relaxation Response

3-Part Breathing:

Inhale, Hold & Tighten, Release & Float Down into support of the chair, floor, the bed

- 1. Exhale away Past
- 2. Exhale away the Future
- 3. Exhale and Float down into Present: Choose to focus on this task
- 4. 3 breaths to start curious & interest

20 to 60 seconds

Centering Exercise:

www.neilfiore.com/centering-exercise/

*The Power of Positive Expectancy**

Nothing is quite as powerful as positive expectancy –whether it comes from a parent, a boss or teacher or yourself.

A parents' gaze of expectancy when their child takes his or her first steps, powerfully communicates – without words:

“You’re going to make it even though you don’t know how.

And if you fall, you’ll discover that you can cry through the shock and hurt, breath through the feelings . . .

And find that you can quickly recover, learn how to fall more easily, with renewed motivation to explore your world on your own two feet.”

**adapted from Dr. Milton H. Erickson*

Transformative experience?

Facing a life-threatening experience can stretch your abilities beyond previous limits and give you a chance to achieve your greatest potential.

With this focus comes strength and access to inner reserves and resources which may have been lying dormant.

The experience of cancer will not make you more powerful over nature, the economy, world events, or other people. But it can reveal your power to control your thoughts and attitude and, therefore, to determine how you will feel about the events of your life.

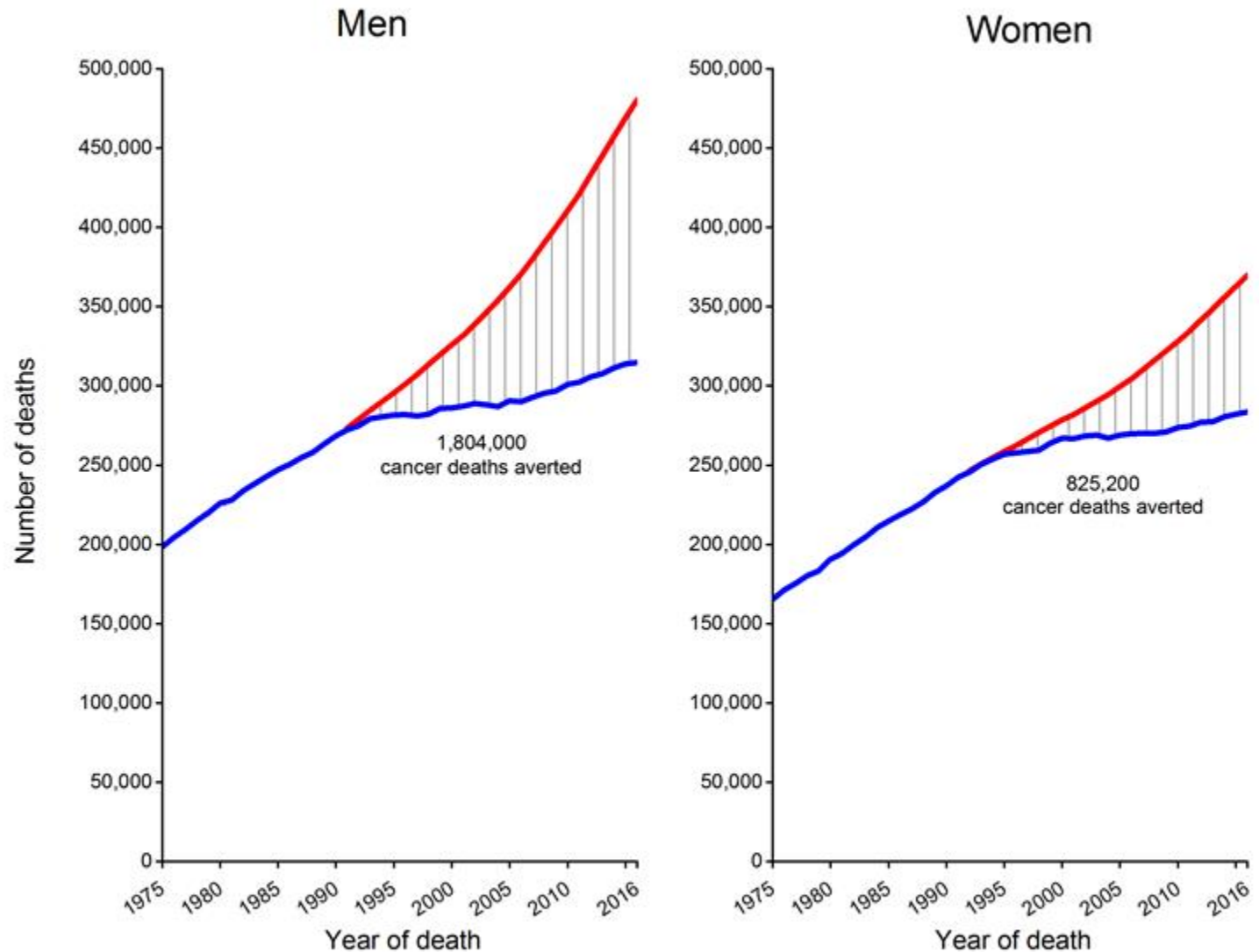
Survivors can learn to develop their latent skills, to refine their strengths, and to drop old baggage. There are survivors who stop worrying about money and begin traveling around the world, others leave destructive relationships and unsatisfying jobs, and some just take the petty irritations of life a little less seriously and savor precious moments.

Hold a Committee Meeting

Neil's decision to end Chemo:

- Call a Committee Meeting
- All parts invited, especially *“What if/ Yes, but”* voice and *“Dictator”*
- When will you call all parts together to make a major decision?
- When will you need to integrate to remove doubts, self-sabotage?

Total Number of Cancer Deaths Averted from 1991 to 2016



The blue line represents the actual number of cancer deaths recorded in each year, and the red line represents the number of cancer deaths that would have been expected if cancer death rates had remained at their peak.

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Quotes

- If [the treatment] in any way ignores or minimizes the emotional needs of the patient, then the treatment is seriously incomplete. Indeed, only when the emotional needs of the patient are given the highest priority, is an environment created that is conducive to the basic essentials of physical treatment – chemotherapy, radiation, or surgery . . . For the scientific response to the challenge of cancer is impaired by the patient's fears – just as it is augmented by the patient's hopes. -- Norman Cousins, foreword to *The Road Back to Health* by Neil Fiore
- All the greatest and most important problems of life are fundamentally insoluble...not solved logically in [their] own terms but fade when confronted with a new and stronger life urge. --- Carl Jung
- Care of a patient who is of similar age or social status [as the healthcare professional], . . . may intensify the feelings [of vulnerability to the disease and fear of death] Medical staff new to a cancer ward should be prepared for their own emotional responses and be provided a forum in which their feelings can be expressed and recognized as normal. -- Dr. Jimmie C. Holland, Director of Psychiatry, Memorial Sloan-Kettering, "*Psychologic Aspects of Cancer*"

The Power of Choice

A young woman who had a large brain tumor that was distorting your vision and the shape of her face and causing giantism—a swelling of her hands and feet. She applied the Peak Performance qualities—

- *Safety, Choice, Presence-- to lower her stress hormones and to fully Choose to have the surgery.*
- *The doctors are now telling her that her recovery has been amazing and that they talk about her case in the hospital and at conferences. Here her note to me right after her surgery last November:*
- *Hi Dr. Fiore,*
- *I'm made it through the surgery and am home now! I am already seeing changes in my body, I can wear my ring! The surgery went really well!*
- *The doctor said the tumor was under a lot of pressure and once he made the first incision it came out really easy! I'm so happy it is all over and I'm ready for my new beginning!! I'm still very tired but and on the way to a speedy recovery. Thanks for everything!*
- *Yours truly, S.*