

WEBVTT

00:00:00.000 --> 00:00:03.619 Funding for Yale Cancer Answers is provided

NOTE Confidence: 0.844644635714286

00:00:03.619 --> 00:00:07.499 by Smilow Cancer Hospital and AstraZeneca.

NOTE Confidence: 0.844644635714286

00:00:07.500 --> 00:00:09.971 Welcome to Yale Cancer Answers with your

NOTE Confidence: 0.844644635714286

00:00:09.971 --> 00:00:12.658 host doctor Anees Chagpar. Yale Cancer

NOTE Confidence: 0.844644635714286

00:00:12.658 --> 00:00:14.478 Answers features the latest information

NOTE Confidence: 0.844644635714286

00:00:14.478 --> 00:00:16.701 on cancer care by welcoming oncologists

NOTE Confidence: 0.844644635714286

00:00:16.701 --> 00:00:19.207 and specialists who are in the forefront

NOTE Confidence: 0.844644635714286

00:00:19.270 --> 00:00:21.630 of the battle to fight cancer. This week,

NOTE Confidence: 0.844644635714286

00:00:21.630 --> 00:00:23.530 it's a conversation about Psycho-

NOTE Confidence: 0.844644635714286

00:00:23.530 --> 00:00:25.690 Oncology with Doctor Jennifer Kilkus.

NOTE Confidence: 0.844644635714286

00:00:25.690 --> 00:00:27.825 Dr Kilkus is an assistant professor of

NOTE Confidence: 0.844644635714286

00:00:27.825 --> 00:00:30.108 psychiatry at the Yale School of Medicine,

NOTE Confidence: 0.844644635714286

00:00:30.110 --> 00:00:33.008 where Dr Chagpar is a professor

NOTE Confidence: 0.844644635714286

00:00:33.008 --> 00:00:34.990 of surgical oncology.

NOTE Confidence: 0.930122915

00:00:35.000 --> 00:00:37.010 Maybe we can start off by you telling us a

NOTE Confidence: 0.930122915

00:00:37.059 --> 00:00:39.067 little bit about yourself and what you do.

NOTE Confidence: 0.8923726525

00:00:39.990 --> 00:00:43.558 Sure, I am a clinical health psychologist.

NOTE Confidence: 0.8923726525

00:00:43.560 --> 00:00:46.026 I've been in practice since about

NOTE Confidence: 0.8923726525

00:00:46.026 --> 00:00:48.634 2014 and primarily worked in large

NOTE Confidence: 0.8923726525

00:00:48.634 --> 00:00:50.864 health systems helping to improve

NOTE Confidence: 0.8923726525

00:00:50.864 --> 00:00:52.872 behavioral health and psychological

NOTE Confidence: 0.8923726525

00:00:52.872 --> 00:00:55.268 services for cancer patients.

NOTE Confidence: 0.894565572857143

00:00:55.420 --> 00:00:58.260 So when we talk about

NOTE Confidence: 0.894565572857143

00:00:58.260 --> 00:00:59.942 psychological services,

NOTE Confidence: 0.894565572857143

00:00:59.942 --> 00:01:02.582 I think a lot of people get a bit

NOTE Confidence: 0.894565572857143

00:01:02.582 --> 00:01:04.964 confused about all of the different

NOTE Confidence: 0.894565572857143

00:01:04.970 --> 00:01:07.469 types of people that we talk about,

NOTE Confidence: 0.894565572857143

00:01:07.470 --> 00:01:09.966 so we talk about social workers

NOTE Confidence: 0.894565572857143

00:01:09.966 --> 00:01:11.630 we talk about psychologists,

NOTE Confidence: 0.894565572857143

00:01:11.630 --> 00:01:12.858 psychiatrists.

NOTE Confidence: 0.894565572857143

00:01:12.858 --> 00:01:15.653 Can you break it down for us and help

NOTE Confidence: 0.894565572857143

00:01:15.653 --> 00:01:17.429 us to understand the differences and

NOTE Confidence: 0.894565572857143

00:01:17.429 --> 00:01:19.437 the nuances between all of those?

NOTE Confidence: 0.926301965

00:01:20.040 --> 00:01:21.036 Absolutely, and that's

NOTE Confidence: 0.926301965

00:01:21.036 --> 00:01:22.696 a great point.

NOTE Confidence: 0.926301965

00:01:22.700 --> 00:01:24.807 I often have to explain to people

NOTE Confidence: 0.926301965

00:01:24.807 --> 00:01:26.924 what's different from what I do versus

NOTE Confidence: 0.926301965

00:01:26.924 --> 00:01:28.664 what a psychiatrist does versus what

NOTE Confidence: 0.926301965

00:01:28.719 --> 00:01:30.465 a clinical social worker does.

NOTE Confidence: 0.926301965

00:01:30.470 --> 00:01:33.476 So a psychologist is someone with

NOTE Confidence: 0.926301965

00:01:33.476 --> 00:01:34.979 a doctoral degree

NOTE Confidence: 0.926301965

00:01:34.980 --> 00:01:35.586 in psychology.

00:01:37.707 --> 00:01:39.938 What I tell people is I went to school for a very

NOTE Confidence: 0.926301965

00:01:39.938 --> 00:01:41.728 long time to help learn strategies

NOTE Confidence: 0.926301965

00:01:41.728 --> 00:01:43.618 and tools to assist people in

NOTE Confidence: 0.926301965

00:01:43.620 --> 00:01:46.150 managing their emotional and their

NOTE Confidence: 0.926301965

00:01:46.150 --> 00:01:48.174 physical symptoms more effectively.

NOTE Confidence: 0.926301965

00:01:48.180 --> 00:01:49.744 I don't prescribe medication,

NOTE Confidence: 0.926301965

00:01:49.744 --> 00:01:52.473 so that's a big difference between what

NOTE Confidence: 0.926301965

00:01:52.473 --> 00:01:54.713 I do versus what a psychiatrist does,

NOTE Confidence: 0.926301965

00:01:54.720 --> 00:01:56.755 and a psychologist can do

NOTE Confidence: 0.926301965

00:01:56.755 --> 00:01:57.976 many different things.

NOTE Confidence: 0.926301965

00:01:57.980 --> 00:01:59.940 Our degree is pretty versatile,

NOTE Confidence: 0.926301965

00:01:59.940 --> 00:02:03.184 but what I use my degree to do is to focus

NOTE Confidence: 0.926301965

00:02:03.184 --> 00:02:06.010 on intervention therapy.

00:02:06.427 --> 00:02:08.512 I mainly provide therapy

NOTE Confidence: 0.926301965

00:02:08.512 --> 00:02:10.568 services for cancer patients using

NOTE Confidence: 0.926301965

00:02:10.568 --> 00:02:13.114 my degree and a social worker is pretty

NOTE Confidence: 0.926301965

00:02:13.114 --> 00:02:16.350 similar as far as what they do.

NOTE Confidence: 0.926301965

00:02:16.350 --> 00:02:18.526 They also have a lot of variability

NOTE Confidence: 0.926301965

00:02:18.526 --> 00:02:20.787 in what they can do with their degree.

NOTE Confidence: 0.926301965

00:02:20.790 --> 00:02:23.310 Clinical social workers may provide

NOTE Confidence: 0.926301965

00:02:23.310 --> 00:02:25.326 psychotherapy services as well.

NOTE Confidence: 0.926301965

00:02:25.330 --> 00:02:26.458 They may also,

NOTE Confidence: 0.926301965

00:02:26.458 --> 00:02:27.210 for example,

NOTE Confidence: 0.926301965

00:02:27.210 --> 00:02:30.500 we have clinical social workers who provide

NOTE Confidence: 0.926301965

00:02:30.500 --> 00:02:32.899 navigation services for our patients.

NOTE Confidence: 0.926301965

00:02:32.900 --> 00:02:34.850 Help get them connected to

NOTE Confidence: 0.926301965

00:02:34.850 --> 00:02:36.410 resources and their degree

NOTE Confidence: 0.926301965

00:02:36.410 --> 00:02:38.444 is just not quite as long as a PhD,

NOTE Confidence: 0.926301965

00:02:38.450 --> 00:02:40.604 so their degree usually runs between

NOTE Confidence: 0.926301965

00:02:40.604 --> 00:02:43.015 around three years or so versus

NOTE Confidence: 0.926301965

00:02:43.015 --> 00:02:45.136 I believe I wrapped up finally about

NOTE Confidence: 0.926301965

00:02:45.205 --> 00:02:47.557 seven years in to my doctoral program.

NOTE Confidence: 0.905553875

00:02:48.200 --> 00:02:51.976 And so when people also refer to counselors,

NOTE Confidence: 0.905553875

00:02:51.980 --> 00:02:54.624 are those psychologists?

NOTE Confidence: 0.905553875

00:02:54.624 --> 00:02:56.880 Are those social workers?

NOTE Confidence: 0.905553875

00:02:56.880 --> 00:02:58.780 Is that a different group

NOTE Confidence: 0.905553875

00:02:58.780 --> 00:02:59.920 of people altogether?  
NOTE Confidence: 0.905553875

00:02:59.920 --> 00:03:02.840 Or is that just a term that's used  
NOTE Confidence: 0.905553875

00:03:02.840 --> 00:03:04.462 interchangeably for people who  
NOTE Confidence: 0.905553875

00:03:04.462 --> 00:03:06.110 provide counseling services as  
NOTE Confidence: 0.905553875

00:03:06.110 --> 00:03:08.710 part of their scope of care?  
NOTE Confidence: 0.9351524525

00:03:08.720 --> 00:03:11.332 It's generally used interchangeably with  
NOTE Confidence: 0.9351524525

00:03:11.332 --> 00:03:13.944 psychotherapy or therapy counseling,  
NOTE Confidence: 0.9351524525

00:03:13.950 --> 00:03:16.110 but there are folks that have a specific  
NOTE Confidence: 0.9351524525

00:03:16.110 --> 00:03:18.190 degree and they're called licensed  
NOTE Confidence: 0.9351524525

00:03:18.190 --> 00:03:19.538 Professional counselors and those  
NOTE Confidence: 0.9351524525

00:03:19.538 --> 00:03:22.132 degrees tend to be around two to three  
NOTE Confidence: 0.9351524525

00:03:22.132 --> 00:03:24.188 years as well before they can be licensed  
NOTE Confidence: 0.9351524525

00:03:24.242 --> 00:03:26.170 independently to provide counseling.  
NOTE Confidence: 0.9351524525

00:03:26.170 --> 00:03:28.500 But it seems to be that people use the term  
NOTE Confidence: 0.9351524525

00:03:28.564 --> 00:03:30.740 counseling interchangeable with therapy.  
NOTE Confidence: 0.718103283333333

00:03:32.010 --> 00:03:34.773 And here at Yale Cancer Answers,

NOTE Confidence: 0.7181032833333333

00:03:34.780 --> 00:03:37.215 we're often talking about cancer

NOTE Confidence: 0.7181032833333333

00:03:37.215 --> 00:03:39.163 patients in their journey.

NOTE Confidence: 0.7181032833333333

00:03:39.170 --> 00:03:42.842 So talk a little bit about how

NOTE Confidence: 0.7181032833333333

00:03:42.842 --> 00:03:45.640 mental health, which seems to

NOTE Confidence: 0.7181032833333333

00:03:45.640 --> 00:03:48.160 be a really big topic right now,

NOTE Confidence: 0.7181032833333333

00:03:48.160 --> 00:03:49.745 kind of plays into the

NOTE Confidence: 0.7181032833333333

00:03:49.745 --> 00:03:50.696 cancer patients journey.

NOTE Confidence: 0.7181032833333333

00:03:50.700 --> 00:03:52.276 At the top of the show,

NOTE Confidence: 0.7181032833333333

00:03:52.280 --> 00:03:54.576 we kind of talked about

NOTE Confidence: 0.7181032833333333

00:03:54.576 --> 00:03:56.060 we were going to

NOTE Confidence: 0.7181032833333333

00:03:56.123 --> 00:03:57.559 talk about Psycho Oncology,

NOTE Confidence: 0.7181032833333333

00:03:57.560 --> 00:03:59.848 so maybe you can give us a

NOTE Confidence: 0.7181032833333333

00:03:59.848 --> 00:04:01.647 definition of what that is and

NOTE Confidence: 0.7181032833333333

00:04:01.650 --> 00:04:04.010 how mental health plays

NOTE Confidence: 0.7181032833333333

00:04:04.010 --> 00:04:05.426 into a cancer patients journey?

00:04:06.200 --> 00:04:09.497 Sure, psycho Oncology is a subspecialty

NOTE Confidence: 0.84880606

00:04:09.497 --> 00:04:12.800 of the field of health psychology,

NOTE Confidence: 0.84880606

00:04:12.800 --> 00:04:17.510 which is applying biological, physiological,

NOTE Confidence: 0.84880606

00:04:17.510 --> 00:04:19.954 social and psychological understanding

NOTE Confidence: 0.84880606

00:04:19.954 --> 00:04:23.620 of disease to help understand how

NOTE Confidence: 0.84880606

00:04:23.711 --> 00:04:27.239 people cope and also how we can use

NOTE Confidence: 0.84880606

00:04:27.239 --> 00:04:29.377 understanding of those processes

NOTE Confidence: 0.84880606

00:04:29.377 --> 00:04:32.287 to help people change behaviors.

NOTE Confidence: 0.84880606

00:04:32.290 --> 00:04:34.650 For example, smoking cessation

NOTE Confidence: 0.84880606

00:04:34.650 --> 00:04:37.750 or helping people adhere to screening

NOTE Confidence: 0.84880606

00:04:37.750 --> 00:04:40.398 recommendations and psycho oncology

NOTE Confidence: 0.84880606

00:04:40.398 --> 00:04:43.708 specifically is applying those behavioral

NOTE Confidence: 0.84880606

00:04:43.789 --> 00:04:46.147 and social science ideas to the

NOTE Confidence: 0.84880606

00:04:46.150 --> 00:04:48.290 challenges that cancer patients face,

NOTE Confidence: 0.84880606

00:04:48.290 --> 00:04:50.370 specifically, which are many,

NOTE Confidence: 0.84880606

00:04:50.370 --> 00:04:52.450 the treatments for cancer.

NOTE Confidence: 0.84880606



00:04:52.450 --> 00:04:54.746 It can be so challenging in harsh  
NOTE Confidence: 0.84880606

00:04:54.746 --> 00:04:57.395 and taxing on the body that those  
NOTE Confidence: 0.84880606

00:04:57.395 --> 00:04:59.783 things can trigger some symptoms that  
NOTE Confidence: 0.84880606

00:04:59.855 --> 00:05:02.297 we would classify as mental health.  
NOTE Confidence: 0.84880606

00:05:02.300 --> 00:05:03.395 Or vice versa,  
NOTE Confidence: 0.84880606

00:05:03.395 --> 00:05:05.220 mental health symptoms could worsen  
NOTE Confidence: 0.84880606

00:05:05.220 --> 00:05:08.162 some of the challenges that come along  
NOTE Confidence: 0.84880606

00:05:08.162 --> 00:05:10.302 with cancer treatments alongside just  
NOTE Confidence: 0.84880606

00:05:10.374 --> 00:05:12.754 the general idea of of being diagnosed  
NOTE Confidence: 0.84880606

00:05:12.754 --> 00:05:15.530 with the Big C, such  
NOTE Confidence: 0.84880606

00:05:15.530 --> 00:05:17.920 a life threatening and scary disease,  
NOTE Confidence: 0.84880606

00:05:17.920 --> 00:05:19.600 which as you could imagine,  
NOTE Confidence: 0.84880606

00:05:19.600 --> 00:05:22.460 would make anybody feel fearful.  
NOTE Confidence: 0.84880606

00:05:22.460 --> 00:05:24.524 But the treatments also tend to  
NOTE Confidence: 0.84880606

00:05:24.524 --> 00:05:27.026 compound those things and make that  
NOTE Confidence: 0.84880606

00:05:27.026 --> 00:05:29.156 struggle a little bit more challenging.

NOTE Confidence: 0.84880606

00:05:29.160 --> 00:05:31.085 And so psycho oncologists really

NOTE Confidence: 0.84880606

00:05:31.085 --> 00:05:32.625 focus on helping patients

NOTE Confidence: 0.84880606

00:05:32.630 --> 00:05:34.526 manage both the emotional and the

NOTE Confidence: 0.84880606

00:05:34.526 --> 00:05:36.539 physical side of cancer treatments

NOTE Confidence: 0.84880606

00:05:36.539 --> 00:05:38.615 and well into survivorship as well.

NOTE Confidence: 0.907473882857143

00:05:39.410 --> 00:05:41.286 You know when you were talking,

NOTE Confidence: 0.907473882857143

00:05:41.290 --> 00:05:44.106 it seemed to me that there's really different

NOTE Confidence: 0.907473882857143

00:05:44.106 --> 00:05:46.868 groups of patients that I could see

NOTE Confidence: 0.907473882857143

00:05:46.870 --> 00:05:50.468 your services being useful for,

NOTE Confidence: 0.907473882857143

00:05:50.470 --> 00:05:52.520 so they're the patients

NOTE Confidence: 0.907473882857143

00:05:52.520 --> 00:05:55.014 who are well who have not yet

NOTE Confidence: 0.907473882857143

00:05:55.014 --> 00:05:56.910 been diagnosed with the big C,

NOTE Confidence: 0.907473882857143

00:05:56.910 --> 00:05:59.370 but who may be at risk.

NOTE Confidence: 0.907473882857143

00:05:59.370 --> 00:06:02.016 So when you were talking

NOTE Confidence: 0.907473882857143

00:06:02.016 --> 00:06:03.150 about behavior modification,

NOTE Confidence: 0.907473882857143

00:06:03.150 --> 00:06:05.490 smoking cessation we know that smoking  
NOTE Confidence: 0.907473882857143

00:06:05.490 --> 00:06:08.290 is a key driver of many cancers.  
NOTE Confidence: 0.907473882857143

00:06:08.290 --> 00:06:10.150 A patient may not have been  
NOTE Confidence: 0.907473882857143

00:06:10.150 --> 00:06:12.236 diagnosed with cancer yet  
NOTE Confidence: 0.907473882857143

00:06:12.236 --> 00:06:14.774 but your services would still be  
NOTE Confidence: 0.907473882857143

00:06:14.774 --> 00:06:17.450 helpful in helping patients to  
NOTE Confidence: 0.907473882857143

00:06:17.450 --> 00:06:20.050 quit smoking or other  
NOTE Confidence: 0.907473882857143

00:06:20.050 --> 00:06:21.350 lifestyle modifications.  
NOTE Confidence: 0.907473882857143

00:06:21.350 --> 00:06:23.730 We've talked on this show about obesity,  
NOTE Confidence: 0.907473882857143

00:06:23.730 --> 00:06:24.584 for example,  
NOTE Confidence: 0.907473882857143

00:06:24.584 --> 00:06:28.000 and getting people into the right  
NOTE Confidence: 0.907473882857143

00:06:28.087 --> 00:06:31.510 mindset to to adopt those healthy behaviors.  
NOTE Confidence: 0.907473882857143

00:06:31.510 --> 00:06:33.346 So that's one group of patients.  
NOTE Confidence: 0.907473882857143

00:06:33.350 --> 00:06:34.790 And then there's the cancer patients.  
NOTE Confidence: 0.907473882857143

00:06:34.790 --> 00:06:36.090 And then there's the survivors.  
NOTE Confidence: 0.907473882857143

00:06:36.090 --> 00:06:38.394 So in talking about these three

NOTE Confidence: 0.907473882857143  
00:06:38.394 --> 00:06:40.232 categories of patients, I guess,  
NOTE Confidence: 0.907473882857143  
00:06:40.232 --> 00:06:42.960 can you dive a little bit more into  
NOTE Confidence: 0.907473882857143  
00:06:43.040 --> 00:06:45.894 the strategies that you would use in  
NOTE Confidence: 0.907473882857143  
00:06:45.894 --> 00:06:47.658 helping the first group of patients?  
NOTE Confidence: 0.907473882857143  
00:06:47.660 --> 00:06:49.000 The patients who,  
NOTE Confidence: 0.907473882857143  
00:06:49.000 --> 00:06:50.673 and I'm sure many of our listeners  
NOTE Confidence: 0.907473882857143  
00:06:50.673 --> 00:06:52.557 right now are thinking,  
NOTE Confidence: 0.907473882857143  
00:06:52.560 --> 00:06:54.150 especially with the new  
NOTE Confidence: 0.907473882857143  
00:06:54.150 --> 00:06:55.740 year just around the corner,  
NOTE Confidence: 0.907473882857143  
00:06:55.740 --> 00:06:57.792 I really ought to develop  
NOTE Confidence: 0.907473882857143  
00:06:57.792 --> 00:06:58.818 some healthier habits.  
NOTE Confidence: 0.907473882857143  
00:06:58.820 --> 00:07:01.420 I know that these habits that I currently  
NOTE Confidence: 0.907473882857143  
00:07:01.420 --> 00:07:03.538 have, over eating, not exercising,  
NOTE Confidence: 0.907473882857143  
00:07:03.540 --> 00:07:04.246 smoking, drinking,  
NOTE Confidence: 0.907473882857143  
00:07:04.246 --> 00:07:06.717 and so on and so forth increase  
NOTE Confidence: 0.907473882857143

00:07:06.717 --> 00:07:08.139 my risk of cancer.  
NOTE Confidence: 0.907473882857143

00:07:08.140 --> 00:07:10.644 But how can I  
NOTE Confidence: 0.907473882857143

00:07:12.046 --> 00:07:14.762 help myself to set some resolutions  
NOTE Confidence: 0.907473882857143

00:07:14.762 --> 00:07:17.859 and behavior modification that can help?  
NOTE Confidence: 0.907473882857143

00:07:17.860 --> 00:07:20.114 Can you give people some tips and  
NOTE Confidence: 0.907473882857143

00:07:20.120 --> 00:07:22.478 also tell us when they should  
NOTE Confidence: 0.907473882857143

00:07:22.478 --> 00:07:24.050 start seeking out professional  
NOTE Confidence: 0.907473882857143

00:07:24.118 --> 00:07:26.724 help to make those behavior  
NOTE Confidence: 0.907473882857143

00:07:26.724 --> 00:07:27.896 lifestyle modifications?  
NOTE Confidence: 0.893192575

00:07:28.710 --> 00:07:31.203 We are lucky in that we have  
NOTE Confidence: 0.893192575

00:07:31.203 --> 00:07:34.598 a very robust tool in our tool belt  
NOTE Confidence: 0.893192575

00:07:34.598 --> 00:07:36.340 called cognitive behavioral therapy  
NOTE Confidence: 0.893192575

00:07:36.340 --> 00:07:39.244 which some may have heard of that is  
NOTE Confidence: 0.893192575

00:07:39.244 --> 00:07:42.125 really considered the gold standard in  
NOTE Confidence: 0.893192575

00:07:42.125 --> 00:07:44.640 managing depression and anxiety symptoms,  
NOTE Confidence: 0.893192575

00:07:44.640 --> 00:07:47.728 but has been more studied in recent years

NOTE Confidence: 0.893192575

00:07:47.728 --> 00:07:51.000 on how we can use CBT to help manage

NOTE Confidence: 0.893192575

00:07:51.000 --> 00:07:53.805 both those behavioral changes you're

NOTE Confidence: 0.893192575

00:07:53.805 --> 00:07:57.280 mentioning as well as emotional issues

NOTE Confidence: 0.893192575

00:07:57.280 --> 00:07:58.868 moving forward. Whether

NOTE Confidence: 0.893192575

00:07:58.868 --> 00:08:01.250 you're talking about a cancer patient

NOTE Confidence: 0.893192575

00:08:01.312 --> 00:08:03.489 or someone who just wants to make

NOTE Confidence: 0.893192575

00:08:03.489 --> 00:08:05.427 some changes because behavior is not

NOTE Confidence: 0.893192575

00:08:05.427 --> 00:08:07.718 something that exists in isolation.

NOTE Confidence: 0.893192575

00:08:07.718 --> 00:08:09.948 Behavior also exists in response

NOTE Confidence: 0.893192575

00:08:09.948 --> 00:08:12.811 to how we think about things and

NOTE Confidence: 0.893192575

00:08:12.811 --> 00:08:15.310 how we feel about things and so

NOTE Confidence: 0.893192575

00:08:15.310 --> 00:08:17.970 CBT focuses on the relationship

NOTE Confidence: 0.893192575

00:08:17.970 --> 00:08:20.530 between our thoughts, our behaviors,

NOTE Confidence: 0.893192575

00:08:20.530 --> 00:08:22.930 our emotions, and more recently,

NOTE Confidence: 0.893192575

00:08:22.930 --> 00:08:25.228 research has focused on the

NOTE Confidence: 0.893192575

00:08:25.228 --> 00:08:26.760 physical sensations as well.  
NOTE Confidence: 0.893192575

00:08:26.760 --> 00:08:27.796 An example,  
NOTE Confidence: 0.893192575

00:08:27.796 --> 00:08:30.386 maybe if you're feeling anxious,  
NOTE Confidence: 0.893192575

00:08:30.390 --> 00:08:32.766 people tend to have changes in their body.  
NOTE Confidence: 0.893192575

00:08:32.770 --> 00:08:33.930 Their heart may race.  
NOTE Confidence: 0.893192575

00:08:33.930 --> 00:08:35.802 They may have difficulty  
NOTE Confidence: 0.893192575

00:08:35.802 --> 00:08:36.738 with hyperventilation,  
NOTE Confidence: 0.893192575

00:08:36.740 --> 00:08:38.432 which is something that  
NOTE Confidence: 0.893192575

00:08:38.432 --> 00:08:40.124 when it's intense enough,  
NOTE Confidence: 0.893192575

00:08:40.130 --> 00:08:42.062 could actually bring someone to the  
NOTE Confidence: 0.893192575

00:08:42.062 --> 00:08:43.892 emergency room because they think that  
NOTE Confidence: 0.893192575

00:08:43.892 --> 00:08:45.852 they may be having a heart attack and  
NOTE Confidence: 0.893192575

00:08:45.907 --> 00:08:47.846 so CBT looks at those four components,  
NOTE Confidence: 0.893192575

00:08:47.850 --> 00:08:50.448 and prioritizes which of these things  
NOTE Confidence: 0.893192575

00:08:50.448 --> 00:08:54.058 seems to be the biggest barrier for making  
NOTE Confidence: 0.893192575

00:08:54.058 --> 00:08:57.410 the changes that you want to change.

NOTE Confidence: 0.893192575

00:08:57.410 --> 00:08:59.860 So one thing that I notice a lot in practice

NOTE Confidence: 0.893192575

00:08:59.860 --> 00:09:01.576 when folks want to make some

NOTE Confidence: 0.893192575

00:09:01.576 --> 00:09:03.251 kind of behavior change as they

NOTE Confidence: 0.893192575

00:09:03.251 --> 00:09:04.917 tend to go really big at first,

NOTE Confidence: 0.893192575

00:09:04.920 --> 00:09:07.769 and then they inevitably end up not

NOTE Confidence: 0.893192575

00:09:07.769 --> 00:09:10.522 getting where they want to go because

NOTE Confidence: 0.893192575

00:09:10.522 --> 00:09:13.071 they may have set those goals too

NOTE Confidence: 0.893192575

00:09:13.071 --> 00:09:15.297 high in the beginning instead of

NOTE Confidence: 0.893192575

00:09:15.297 --> 00:09:17.475 maybe starting slow and just

NOTE Confidence: 0.893192575

00:09:17.475 --> 00:09:19.792 taking some time to reach their goal.

NOTE Confidence: 0.893192575

00:09:19.800 --> 00:09:21.636 And you could imagine if you've

NOTE Confidence: 0.893192575

00:09:21.636 --> 00:09:23.600 done that over and over again,

NOTE Confidence: 0.893192575

00:09:23.600 --> 00:09:25.535 you may start to have thoughts like Oh well,

NOTE Confidence: 0.893192575

00:09:25.540 --> 00:09:27.118 what's the point? Why even bother?

NOTE Confidence: 0.893192575

00:09:27.120 --> 00:09:27.996 I can't do this,

NOTE Confidence: 0.893192575



00:09:27.996 --> 00:09:29.889 and then you may throw in the towel.

NOTE Confidence: 0.893192575

00:09:29.890 --> 00:09:32.320 And so when you're

NOTE Confidence: 0.893192575

00:09:32.320 --> 00:09:34.750 meeting with someone like myself,

NOTE Confidence: 0.893192575

00:09:34.750 --> 00:09:36.730 to focus on those issues,

NOTE Confidence: 0.893192575

00:09:36.730 --> 00:09:38.788 we want to know what has been

NOTE Confidence: 0.893192575

00:09:38.788 --> 00:09:40.398 difficult about getting to the place

NOTE Confidence: 0.893192575

00:09:40.398 --> 00:09:42.290 where you want to go in the past.

NOTE Confidence: 0.893192575

00:09:42.290 --> 00:09:44.370 And usually it follows in one of those

NOTE Confidence: 0.893192575

00:09:44.370 --> 00:09:46.070 categories of thoughts, behaviors,

NOTE Confidence: 0.893192575

00:09:46.070 --> 00:09:48.790 emotions or physical sensations.

NOTE Confidence: 0.893192575

00:09:48.790 --> 00:09:50.995 And I would suggest for someone if

NOTE Confidence: 0.893192575

00:09:50.995 --> 00:09:52.877 they're thinking about whether or not

NOTE Confidence: 0.893192575

00:09:52.877 --> 00:09:54.928 they need to work with a professional,

NOTE Confidence: 0.893192575

00:09:54.930 --> 00:09:56.634 is how successful have you

NOTE Confidence: 0.893192575

00:09:56.634 --> 00:09:57.770 been in the past,

NOTE Confidence: 0.893192575

00:09:57.770 --> 00:09:59.842 and are you able to identify where

NOTE Confidence: 0.893192575

00:09:59.842 --> 00:10:01.630 you might have gotten off the

NOTE Confidence: 0.893192575

00:10:01.630 --> 00:10:03.576 path of where you wanted to go?

NOTE Confidence: 0.893192575

00:10:03.580 --> 00:10:05.436 And if you're not sure, if it feels

NOTE Confidence: 0.893192575

00:10:05.436 --> 00:10:07.200 like you need someone to help work

NOTE Confidence: 0.893192575

00:10:07.200 --> 00:10:09.129 with you to set some clear goals

NOTE Confidence: 0.893192575

00:10:09.129 --> 00:10:10.694 and have some accountability and

NOTE Confidence: 0.893192575

00:10:10.694 --> 00:10:12.363 work with you on building momentum,

NOTE Confidence: 0.893192575

00:10:12.363 --> 00:10:14.355 then that might be a time to reach

NOTE Confidence: 0.893192575

00:10:14.355 --> 00:10:16.126 out to a professional for some help.

NOTE Confidence: 0.941461022857143

00:10:17.040 --> 00:10:19.546 And so in order to do that,

NOTE Confidence: 0.941461022857143

00:10:19.550 --> 00:10:21.910 how do people access

NOTE Confidence: 0.941461022857143

00:10:21.910 --> 00:10:23.090 Psychological services?

NOTE Confidence: 0.941461022857143

00:10:23.090 --> 00:10:25.365 Do they go through their family doctor

NOTE Confidence: 0.941461022857143

00:10:25.365 --> 00:10:27.966 or do people come to you just straight

NOTE Confidence: 0.941461022857143

00:10:27.966 --> 00:10:30.350 off the street and say, you know,

NOTE Confidence: 0.941461022857143

00:10:30.350 --> 00:10:33.220 I'm interested in  
NOTE Confidence: 0.941461022857143

00:10:33.220 --> 00:10:33.940 quitting smoking.  
NOTE Confidence: 0.941461022857143

00:10:33.940 --> 00:10:35.740 I'm interested in losing weight.  
NOTE Confidence: 0.941461022857143

00:10:35.740 --> 00:10:38.535 How do people generally find  
NOTE Confidence: 0.941461022857143

00:10:38.535 --> 00:10:40.212 psychologists and psychiatrists  
NOTE Confidence: 0.941461022857143

00:10:40.212 --> 00:10:42.581 and counselors and social workers  
NOTE Confidence: 0.941461022857143

00:10:42.581 --> 00:10:44.935 to help them with these with  
NOTE Confidence: 0.941461022857143

00:10:44.935 --> 00:10:46.120 these behavioral modifications?  
NOTE Confidence: 0.941461022857143

00:10:46.120 --> 00:10:48.095 If they haven't been diagnosed  
NOTE Confidence: 0.941461022857143

00:10:48.095 --> 00:10:49.150 with cancer yet?  
NOTE Confidence: 0.93368273

00:10:50.110 --> 00:10:52.134 There are a lot of different avenues for  
NOTE Confidence: 0.93368273

00:10:52.134 --> 00:10:54.170 that, but oftentimes people may find  
NOTE Confidence: 0.93368273

00:10:54.170 --> 00:10:55.950 a provider through their insurance,  
NOTE Confidence: 0.93368273

00:10:55.950 --> 00:10:58.002 as insurance will list what services  
NOTE Confidence: 0.93368273

00:10:58.002 --> 00:11:00.190 are covered and who are the  
NOTE Confidence: 0.93368273

00:11:00.190 --> 00:11:02.070 providers that take your insurance.

NOTE Confidence: 0.93368273

00:11:02.070 --> 00:11:04.470 People also find me through word of mouth,

NOTE Confidence: 0.93368273

00:11:04.470 --> 00:11:06.504 so they might have a friend or a family

NOTE Confidence: 0.93368273

00:11:06.504 --> 00:11:08.443 member who had spoken to me at one point,

NOTE Confidence: 0.93368273

00:11:08.450 --> 00:11:11.429 or they may have heard me speak at a

NOTE Confidence: 0.93368273

00:11:11.429 --> 00:11:14.911 group and people can also search different

NOTE Confidence: 0.93368273

00:11:14.911 --> 00:11:17.605 websites that host different

NOTE Confidence: 0.93368273

00:11:17.605 --> 00:11:20.425 platforms for finding a provider.

NOTE Confidence: 0.93368273

00:11:20.430 --> 00:11:22.018 For someone like myself,

NOTE Confidence: 0.93368273

00:11:22.018 --> 00:11:24.003 I'm a board certified clinical

NOTE Confidence: 0.93368273

00:11:24.003 --> 00:11:25.300 health psychologist,

NOTE Confidence: 0.93368273

00:11:25.300 --> 00:11:27.140 so I have a specialty in health and

NOTE Confidence: 0.93368273

00:11:27.140 --> 00:11:29.219 you can search specifically for that.

NOTE Confidence: 0.93368273

00:11:29.220 --> 00:11:31.230 A board certified clinical health

NOTE Confidence: 0.93368273

00:11:31.230 --> 00:11:33.240 psychologist through the American Board

NOTE Confidence: 0.93368273

00:11:33.299 --> 00:11:34.924 of Professional Psychology to find

NOTE Confidence: 0.93368273

00:11:34.924 --> 00:11:37.304 folks in your state that have that  
NOTE Confidence: 0.93368273

00:11:37.304 --> 00:11:39.324 designation and would likely be more  
NOTE Confidence: 0.93368273

00:11:39.324 --> 00:11:42.410 able to help in the realm of health change.  
NOTE Confidence: 0.846129976

00:11:43.120 --> 00:11:45.300 Great information, all right.  
NOTE Confidence: 0.846129976

00:11:45.300 --> 00:11:48.570 Let's look at the second category  
NOTE Confidence: 0.846129976

00:11:48.660 --> 00:11:51.170 so the newly diagnosed cancer  
NOTE Confidence: 0.846129976

00:11:51.170 --> 00:11:53.680 patient, you can imagine,  
NOTE Confidence: 0.846129976

00:11:53.680 --> 00:11:55.355 when you've  
NOTE Confidence: 0.846129976

00:11:55.355 --> 00:11:56.695 been given that diagnosis,  
NOTE Confidence: 0.846129976

00:11:56.700 --> 00:11:59.318 your world kind of turns upside down,  
NOTE Confidence: 0.846129976

00:11:59.320 --> 00:12:02.692 and it's not uncommon for people  
NOTE Confidence: 0.846129976

00:12:02.692 --> 00:12:06.154 to a have anxiety, but  
NOTE Confidence: 0.846129976

00:12:06.154 --> 00:12:09.796 it may also turn into,  
NOTE Confidence: 0.846129976

00:12:09.800 --> 00:12:11.264 you know, depression.  
NOTE Confidence: 0.846129976

00:12:11.264 --> 00:12:14.680 Some people may turn to substance abuse.  
NOTE Confidence: 0.846129976

00:12:14.680 --> 00:12:17.732 They may have issues in terms of

NOTE Confidence: 0.846129976

00:12:17.732 --> 00:12:18.976 relationships, especially because

NOTE Confidence: 0.846129976

00:12:18.976 --> 00:12:20.991 it's not just the patient

NOTE Confidence: 0.846129976

00:12:20.991 --> 00:12:22.900 going through that diagnosis,

NOTE Confidence: 0.846129976

00:12:22.900 --> 00:12:24.736 it also affects family,

NOTE Confidence: 0.846129976

00:12:24.736 --> 00:12:28.120 workplaces, and so on and so forth.

NOTE Confidence: 0.846129976

00:12:28.120 --> 00:12:30.856 How do you manage dealing with

NOTE Confidence: 0.846129976

00:12:30.856 --> 00:12:33.832 all of that when patients are

NOTE Confidence: 0.846129976

00:12:33.832 --> 00:12:35.968 newly diagnosed with cancer?

00:12:37.300 --> 00:12:38.740 It is a lot, and if you think about it,

NOTE Confidence: 0.856531806

00:12:38.740 --> 00:12:40.645 it really does affect almost

NOTE Confidence: 0.856531806

00:12:40.645 --> 00:12:42.550 every aspect of someone's life.

NOTE Confidence: 0.856531806

00:12:42.550 --> 00:12:44.958 Maybe not everyone all of the time,

NOTE Confidence: 0.856531806

00:12:44.960 --> 00:12:47.020 but even things like work.

NOTE Confidence: 0.856531806

00:12:47.020 --> 00:12:48.427 If somebody is so sick that they

NOTE Confidence: 0.856531806

00:12:48.427 --> 00:12:49.778 can't make it to work anymore,

NOTE Confidence: 0.856531806

00:12:49.780 --> 00:12:51.715 then they might start having

NOTE Confidence: 0.856531806

00:12:51.715 --> 00:12:52.489 financial problems.

NOTE Confidence: 0.856531806

00:12:52.490 --> 00:12:54.266 Maybe they can't perform the same

NOTE Confidence: 0.856531806

00:12:54.266 --> 00:12:56.085 roles that they did in their

NOTE Confidence: 0.856531806

00:12:56.085 --> 00:12:58.080 household and that might lead to

NOTE Confidence: 0.856531806

00:12:58.080 --> 00:12:59.940 some relationship conflict.

NOTE Confidence: 0.856531806

00:12:59.940 --> 00:13:01.722 Not to mention the physiological aspects

NOTE Confidence: 0.856531806

00:13:01.722 --> 00:13:03.859 of the cancer treatment itself.

NOTE Confidence: 0.856531806

00:13:03.860 --> 00:13:05.925 So there are a lot of different

NOTE Confidence: 0.856531806

00:13:05.930 --> 00:13:09.590 ways folks can struggle through this

NOTE Confidence: 0.856531806

00:13:09.590 --> 00:13:11.905 process and I keep coming

NOTE Confidence: 0.856531806

00:13:11.905 --> 00:13:13.463 back to CBT because it's just such

NOTE Confidence: 0.856531806

00:13:13.463 --> 00:13:14.926 a handy tool because it's such a

NOTE Confidence: 0.856531806

00:13:14.926 --> 00:13:16.490 big umbrella and there's so many

NOTE Confidence: 0.856531806

00:13:16.490 --> 00:13:18.978 different things that we can do with that.

NOTE Confidence: 0.856531806

00:13:18.978 --> 00:13:19.770 But again,

NOTE Confidence: 0.856531806

00:13:19.770 --> 00:13:22.024 we can breakdown what are the challenges?

NOTE Confidence: 0.856531806

00:13:22.030 --> 00:13:24.520 Are they controllable or uncontrollable?

NOTE Confidence: 0.856531806

00:13:24.520 --> 00:13:25.453 If they're controllable,

NOTE Confidence: 0.856531806

00:13:25.453 --> 00:13:27.319 we might problem solve or help

NOTE Confidence: 0.856531806

00:13:27.319 --> 00:13:29.072 resolve some of the barriers and that

NOTE Confidence: 0.856531806

00:13:29.072 --> 00:13:30.938 way of looking at what are concrete

NOTE Confidence: 0.856531806

00:13:30.938 --> 00:13:32.418 steps that someone could take,

NOTE Confidence: 0.856531806

00:13:32.420 --> 00:13:33.920 or if it's uncontrollable then

NOTE Confidence: 0.856531806

00:13:33.920 --> 00:13:35.842 we look at managing the emotion

NOTE Confidence: 0.856531806

00:13:35.842 --> 00:13:37.306 and maybe helping choose

NOTE Confidence: 0.856531806

00:13:37.310 --> 00:13:39.390 coping strategies that are more

NOTE Confidence: 0.856531806

00:13:39.390 --> 00:13:41.054 helpful. Things like substance abuse,

NOTE Confidence: 0.856531806

00:13:41.060 --> 00:13:42.411 those kinds of things tend to help

NOTE Confidence: 0.856531806

00:13:42.411 --> 00:13:43.628 really well in the short term,

NOTE Confidence: 0.856531806

00:13:43.630 --> 00:13:45.100 and that's why people do them.

NOTE Confidence: 0.856531806

00:13:45.100 --> 00:13:46.913 But they're not the best for long



NOTE Confidence: 0.856531806

00:13:46.913 --> 00:13:48.889 term coping or for long term health,

NOTE Confidence: 0.856531806

00:13:48.890 --> 00:13:50.210 and so we can help someone

NOTE Confidence: 0.856531806

00:13:50.210 --> 00:13:52.191 get the big picture of

NOTE Confidence: 0.856531806

00:13:52.191 --> 00:13:54.327 what are the biggest issues and

NOTE Confidence: 0.856531806

00:13:54.327 --> 00:13:56.367 prioritizing the ones that are

NOTE Confidence: 0.856531806

00:13:56.367 --> 00:13:57.183 most important.

NOTE Confidence: 0.856531806

00:13:57.190 --> 00:13:58.910 Starting with that controllable,

NOTE Confidence: 0.856531806

00:13:58.910 --> 00:14:00.630 uncontrollable framework and then

NOTE Confidence: 0.856531806

00:14:00.630 --> 00:14:02.755 using the tools that CBT provides

NOTE Confidence: 0.856531806

00:14:02.755 --> 00:14:04.555 us to help get more specific.

NOTE Confidence: 0.865646245

00:14:05.240 --> 00:14:07.488 We'll talk a lot more about what

NOTE Confidence: 0.865646245

00:14:07.490 --> 00:14:09.265 things people can do from

NOTE Confidence: 0.865646245

00:14:09.265 --> 00:14:10.330 a practical standpoint,

NOTE Confidence: 0.865646245

00:14:10.330 --> 00:14:11.854 right after we take a short

NOTE Confidence: 0.865646245

00:14:11.854 --> 00:14:13.310 break for a medical minute.

NOTE Confidence: 0.865646245

00:14:13.310 --> 00:14:15.326 Please stay tuned to learn more  
NOTE Confidence: 0.865646245

00:14:15.326 --> 00:14:17.109 about The Field of Psycho-Oncology with my  
NOTE Confidence: 0.865646245

00:14:17.109 --> 00:14:18.617 guest doctor Jennifer Kilkus.  
NOTE Confidence: 0.886258869

00:14:19.230 --> 00:14:21.175 Funding for Yale Cancer Answers  
NOTE Confidence: 0.886258869

00:14:21.175 --> 00:14:23.120 comes from Smilow Cancer Hospital,  
NOTE Confidence: 0.886258869

00:14:23.120 --> 00:14:25.392 where physicians collaborate with  
NOTE Confidence: 0.886258869

00:14:25.392 --> 00:14:27.096 diagnostic and interventional  
NOTE Confidence: 0.886258869

00:14:27.096 --> 00:14:28.149 radiologists, gastroenterologists,  
NOTE Confidence: 0.886258869

00:14:28.149 --> 00:14:31.023 and pathologists to provide expert care  
NOTE Confidence: 0.886258869

00:14:31.023 --> 00:14:33.569 for patients with pancreatic cancer.  
NOTE Confidence: 0.1347417

00:14:36.110 --> 00:14:39.016 [yalecancercenter.org/GI](http://yalecancercenter.org/GI).  
NOTE Confidence: 0.1347417

00:14:39.016 --> 00:14:41.032 Breast cancer is one of the most common cancers  
NOTE Confidence: 0.1347417

00:14:41.032 --> 00:14:42.938 in women. In Connecticut alone,  
NOTE Confidence: 0.1347417

00:14:42.940 --> 00:14:45.145 approximately 3500 women will be  
NOTE Confidence: 0.1347417

00:14:45.145 --> 00:14:47.760 diagnosed with breast cancer this year,  
NOTE Confidence: 0.1347417

00:14:47.760 --> 00:14:49.120 but there is hope,

NOTE Confidence: 0.1347417

00:14:49.120 --> 00:14:50.480 thanks to earlier detection,

NOTE Confidence: 0.1347417

00:14:50.480 --> 00:14:52.084 noninvasive treatments and the

NOTE Confidence: 0.1347417

00:14:52.084 --> 00:14:53.688 development of novel therapies

NOTE Confidence: 0.1347417

00:14:53.688 --> 00:14:55.360 to fight breast cancer.

NOTE Confidence: 0.1347417

00:14:55.360 --> 00:14:57.190 Women should schedule a baseline

NOTE Confidence: 0.1347417

00:14:57.190 --> 00:14:59.411 mammogram beginning at age 40 or

NOTE Confidence: 0.1347417

00:14:59.411 --> 00:15:01.391 earlier if they have risk factors

NOTE Confidence: 0.1347417

00:15:01.391 --> 00:15:02.920 associated with the disease.

NOTE Confidence: 0.1347417

00:15:02.920 --> 00:15:04.668 With screening, early detection,

NOTE Confidence: 0.1347417

00:15:04.668 --> 00:15:06.416 and a healthy lifestyle,

NOTE Confidence: 0.1347417

00:15:06.420 --> 00:15:08.610 breast cancer can be defeated.

NOTE Confidence: 0.1347417

00:15:08.610 --> 00:15:10.562 Clinical trials are currently

NOTE Confidence: 0.1347417

00:15:10.562 --> 00:15:12.514 underway at federally designated

NOTE Confidence: 0.1347417

00:15:12.514 --> 00:15:14.198 Comprehensive cancer centers such

NOTE Confidence: 0.1347417

00:15:14.198 --> 00:15:16.459 as Yale Cancer Center and at Smilow

NOTE Confidence: 0.1347417

00:15:16.459 --> 00:15:18.542 Cancer Hospital to make innovative  
NOTE Confidence: 0.1347417

00:15:18.542 --> 00:15:20.662 new treatments available to patients.  
NOTE Confidence: 0.1347417

00:15:20.670 --> 00:15:23.145 Digital breast tomosynthesis or 3D  
NOTE Confidence: 0.1347417

00:15:23.145 --> 00:15:25.620 mammography is also transforming breast  
NOTE Confidence: 0.1347417

00:15:25.696 --> 00:15:27.892 cancer screening by significantly  
NOTE Confidence: 0.1347417

00:15:27.892 --> 00:15:29.539 reducing unnecessary procedures  
NOTE Confidence: 0.1347417

00:15:29.539 --> 00:15:32.129 while picking up more cancers.  
NOTE Confidence: 0.1347417

00:15:32.130 --> 00:15:35.110 More information is available at  
NOTE Confidence: 0.1347417

00:15:35.110 --> 00:15:36.406 yalecancercenter.org. You're listening  
NOTE Confidence: 0.1347417

00:15:36.406 --> 00:15:38.134 to Connecticut Public Radio.  
NOTE Confidence: 0.86388404

00:15:39.250 --> 00:15:41.668 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.86388404

00:15:41.670 --> 00:15:43.532 This is doctor Anees Chagpar  
NOTE Confidence: 0.86388404

00:15:43.532 --> 00:15:45.464 and I'm joined tonight by my  
NOTE Confidence: 0.86388404

00:15:45.464 --> 00:15:46.888 guest Doctor Jennifer Kilkus.  
NOTE Confidence: 0.86388404

00:15:46.890 --> 00:15:48.245 We're learning about her work  
NOTE Confidence: 0.86388404

00:15:48.245 --> 00:15:49.965 in the field of Psycho oncology

NOTE Confidence: 0.86388404

00:15:49.965 --> 00:15:51.525 and right before the break

NOTE Confidence: 0.86388404

00:15:51.530 --> 00:15:53.720 Jennifer, you were telling us about

NOTE Confidence: 0.86388404

00:15:53.720 --> 00:15:56.226 the role that Psycho oncology

NOTE Confidence: 0.86388404

00:15:56.226 --> 00:15:58.820 can play for a cancer patient whose

NOTE Confidence: 0.86388404

00:15:58.820 --> 00:16:01.380 world may have been just shattered with a

NOTE Confidence: 0.86388404

00:16:01.380 --> 00:16:04.030 new diagnosis who may be facing anxiety,

NOTE Confidence: 0.86388404

00:16:04.030 --> 00:16:06.652 who may be facing issues of

NOTE Confidence: 0.86388404

00:16:06.652 --> 00:16:08.400 depression or substance abuse,

NOTE Confidence: 0.86388404

00:16:08.400 --> 00:16:10.164 who may have issues in their work,

NOTE Confidence: 0.86388404

00:16:10.170 --> 00:16:12.610 in their relationships,

NOTE Confidence: 0.86388404

00:16:12.610 --> 00:16:14.507 and I'm just wondering a few things.

NOTE Confidence: 0.86388404

00:16:14.510 --> 00:16:17.954 So first of all, does every patient,

NOTE Confidence: 0.86388404

00:16:17.960 --> 00:16:19.325 every cancer patient,

NOTE Confidence: 0.86388404

00:16:19.325 --> 00:16:21.145 need a Psycho oncologist?

NOTE Confidence: 0.86388404

00:16:21.150 --> 00:16:22.879 Is that something that they should be

NOTE Confidence: 0.86388404

00:16:22.879 --> 00:16:24.449 talking to their oncologist about?  
NOTE Confidence: 0.86388404

00:16:24.450 --> 00:16:26.986 Or is it only the patients who are  
NOTE Confidence: 0.86388404

00:16:26.986 --> 00:16:28.899 really struggling with that diagnosis  
NOTE Confidence: 0.86388404

00:16:28.900 --> 00:16:30.958 that should be asking for that service?  
NOTE Confidence: 0.843154702

00:16:32.330 --> 00:16:33.950 I would say that no,  
NOTE Confidence: 0.843154702

00:16:33.950 --> 00:16:35.770 it's actually surprising that many  
NOTE Confidence: 0.843154702

00:16:35.770 --> 00:16:38.330 cancer patients are able to cope just  
NOTE Confidence: 0.843154702

00:16:38.330 --> 00:16:40.370 fine with the resources that they  
NOTE Confidence: 0.843154702

00:16:40.370 --> 00:16:42.230 have available in their community.  
NOTE Confidence: 0.843154702

00:16:42.230 --> 00:16:44.174 So they might have a really  
NOTE Confidence: 0.843154702

00:16:44.174 --> 00:16:45.470 strong social support network,  
NOTE Confidence: 0.843154702

00:16:45.470 --> 00:16:49.926 or they may already have a provider in  
NOTE Confidence: 0.843154702

00:16:49.926 --> 00:16:52.802 the community and we estimate somewhere  
NOTE Confidence: 0.843154702

00:16:52.802 --> 00:16:55.687 around 30 to 40% of patients may  
NOTE Confidence: 0.843154702

00:16:55.687 --> 00:16:57.901 meet criteria for a major depressive  
NOTE Confidence: 0.843154702

00:16:57.901 --> 00:17:00.425 disorder and anxiety disorder at some

NOTE Confidence: 0.843154702

00:17:00.425 --> 00:17:02.093 point throughout their diagnosis

NOTE Confidence: 0.843154702

00:17:02.100 --> 00:17:02.952 and their treatment,

NOTE Confidence: 0.843154702

00:17:02.952 --> 00:17:04.656 depending on which measures we're using

NOTE Confidence: 0.843154702

00:17:04.656 --> 00:17:06.298 and which researcher we're asking.

NOTE Confidence: 0.843154702

00:17:06.300 --> 00:17:08.166 But for the most part,

NOTE Confidence: 0.843154702

00:17:08.170 --> 00:17:11.201 many patients tend to cope very well

NOTE Confidence: 0.843154702

00:17:11.201 --> 00:17:13.438 despite how challenging this can be.

NOTE Confidence: 0.843154702

00:17:13.440 --> 00:17:15.610 So I would say for patients who

NOTE Confidence: 0.843154702

00:17:15.610 --> 00:17:17.846 really feel like these symptoms are

NOTE Confidence: 0.843154702

00:17:17.846 --> 00:17:19.911 persisting and they're really finding

NOTE Confidence: 0.843154702

00:17:19.911 --> 00:17:23.093 it hard to get by with their day-to-day

NOTE Confidence: 0.843154702

00:17:23.093 --> 00:17:24.836 activities because of their symptoms,

NOTE Confidence: 0.843154702

00:17:24.836 --> 00:17:26.564 that would be a good time to talk

NOTE Confidence: 0.843154702

00:17:26.564 --> 00:17:28.065 to your oncologist about connecting

NOTE Confidence: 0.843154702

00:17:28.065 --> 00:17:29.605 with someone for some help.

NOTE Confidence: 0.92387828625

00:17:30.460 --> 00:17:32.420 The other thing that strikes me  
NOTE Confidence: 0.92387828625

00:17:32.420 --> 00:17:35.388 is that very much like we've seen  
NOTE Confidence: 0.92387828625

00:17:35.388 --> 00:17:37.649 with mental health in general,  
NOTE Confidence: 0.92387828625

00:17:37.650 --> 00:17:39.546 it seems to be something that a lot  
NOTE Confidence: 0.92387828625

00:17:39.546 --> 00:17:41.400 of people don't want to talk about.  
NOTE Confidence: 0.92387828625

00:17:41.400 --> 00:17:44.466 They don't want to admit they oftentimes  
NOTE Confidence: 0.92387828625

00:17:44.466 --> 00:17:46.814 feel like they may be perceived  
NOTE Confidence: 0.92387828625

00:17:46.814 --> 00:17:50.132 as being quote weak if they admit  
NOTE Confidence: 0.92387828625

00:17:50.132 --> 00:17:52.778 that they're struggling to cope.  
NOTE Confidence: 0.92387828625

00:17:52.780 --> 00:17:55.398 And how do you get over that?  
NOTE Confidence: 0.92387828625

00:17:55.400 --> 00:17:57.824 What advice do you have for people to  
NOTE Confidence: 0.92387828625

00:17:57.824 --> 00:17:59.956 broach that subject with their physician  
NOTE Confidence: 0.92387828625

00:17:59.956 --> 00:18:02.960 so that they can start getting some help?  
NOTE Confidence: 0.942777854444444

00:18:02.990 --> 00:18:05.276 I am so glad that you brought that up  
NOTE Confidence: 0.942777854444444

00:18:05.276 --> 00:18:07.619 because if I had a number one soapbox issue,  
NOTE Confidence: 0.942777854444444

00:18:07.620 --> 00:18:10.032 it would be the messaging that we get not



NOTE Confidence: 0.942777854444444

00:18:10.032 --> 00:18:12.553 just with cancer but in our culture as a

NOTE Confidence: 0.942777854444444

00:18:12.553 --> 00:18:14.557 whole about those narratives of having

NOTE Confidence: 0.942777854444444

00:18:14.557 --> 00:18:17.092 to be strong and struggle through things.

NOTE Confidence: 0.942777854444444

00:18:17.092 --> 00:18:19.684 And those types of narratives really

NOTE Confidence: 0.942777854444444

00:18:19.684 --> 00:18:22.243 make it difficult for people to

NOTE Confidence: 0.942777854444444

00:18:22.243 --> 00:18:24.625 acknowledge that they may be struggling

NOTE Confidence: 0.942777854444444

00:18:24.625 --> 00:18:26.419 and reach out for help,

NOTE Confidence: 0.942777854444444

00:18:26.420 --> 00:18:28.716 because the message that they get everywhere

NOTE Confidence: 0.942777854444444

00:18:28.716 --> 00:18:31.428 that they look at is that is somehow wrong,

NOTE Confidence: 0.942777854444444

00:18:31.430 --> 00:18:33.054 or that you're failing in some way.

NOTE Confidence: 0.942777854444444

00:18:33.060 --> 00:18:35.156 But the reality is,

NOTE Confidence: 0.942777854444444

00:18:35.160 --> 00:18:37.960 that most people struggle with this,

NOTE Confidence: 0.942777854444444

00:18:37.960 --> 00:18:39.400 and that's what's more normal.

NOTE Confidence: 0.942777854444444

00:18:39.400 --> 00:18:41.230 It's more normal to struggle

NOTE Confidence: 0.942777854444444

00:18:41.230 --> 00:18:43.060 and to have difficulty with

NOTE Confidence: 0.942777854444444

00:18:43.133 --> 00:18:45.488 challenging situations in our lives,  
NOTE Confidence: 0.9427778544444444

00:18:45.490 --> 00:18:48.136 and we don't often give people an  
NOTE Confidence: 0.9427778544444444

00:18:48.136 --> 00:18:50.279 opportunity to have that witness.  
NOTE Confidence: 0.9427778544444444

00:18:50.280 --> 00:18:52.408 And so if there are folks listening  
NOTE Confidence: 0.9427778544444444

00:18:52.408 --> 00:18:54.139 who have struggled with that,  
NOTE Confidence: 0.9427778544444444

00:18:54.140 --> 00:18:57.528 I would just encourage you to  
NOTE Confidence: 0.9427778544444444

00:18:57.530 --> 00:18:59.630 question where that came from,  
NOTE Confidence: 0.9427778544444444

00:18:59.630 --> 00:19:02.395 and if you would have the same  
NOTE Confidence: 0.9427778544444444

00:19:02.395 --> 00:19:03.580 types of expectations  
NOTE Confidence: 0.9427778544444444

00:19:03.580 --> 00:19:05.064 if somebody that you cared about in your  
NOTE Confidence: 0.9427778544444444

00:19:05.064 --> 00:19:06.540 life thought that.  
NOTE Confidence: 0.9427778544444444

00:19:06.540 --> 00:19:08.580 Because oftentimes  
NOTE Confidence: 0.9427778544444444

00:19:08.580 --> 00:19:10.820 we're very hard on ourselves in a way  
NOTE Confidence: 0.9427778544444444

00:19:10.820 --> 00:19:13.260 that we wouldn't be for other people,  
NOTE Confidence: 0.9427778544444444

00:19:13.260 --> 00:19:15.678 and I think that of course,  
NOTE Confidence: 0.9427778544444444

00:19:15.680 --> 00:19:16.388 as a psychologist,

NOTE Confidence: 0.942777854444444

00:19:16.388 --> 00:19:18.040 this is easy for me to say,

NOTE Confidence: 0.942777854444444

00:19:18.040 --> 00:19:19.928 but I think that asking for help is

NOTE Confidence: 0.942777854444444

00:19:19.928 --> 00:19:21.716 the biggest sign of strength because

NOTE Confidence: 0.942777854444444

00:19:21.716 --> 00:19:23.612 you're acknowledging that this is

NOTE Confidence: 0.942777854444444

00:19:23.669 --> 00:19:25.877 something that you can't manage on your own,

NOTE Confidence: 0.942777854444444

00:19:25.880 --> 00:19:27.296 and that's risky.

NOTE Confidence: 0.942777854444444

00:19:27.296 --> 00:19:28.240 It's vulnerable,

NOTE Confidence: 0.942777854444444

00:19:28.240 --> 00:19:30.529 and so it's possible to feel that

NOTE Confidence: 0.942777854444444

00:19:30.529 --> 00:19:32.698 and still ask for help.

NOTE Confidence: 0.942777854444444

00:19:32.700 --> 00:19:33.843 It's possible to

NOTE Confidence: 0.942777854444444

00:19:33.843 --> 00:19:36.019 push through that and in speaking

NOTE Confidence: 0.942777854444444

00:19:36.019 --> 00:19:37.048 with an oncologist,

NOTE Confidence: 0.942777854444444

00:19:37.050 --> 00:19:39.304 all of them have seen people struggling

NOTE Confidence: 0.942777854444444

00:19:39.304 --> 00:19:41.369 at different points of their diagnosis.

00:19:43.030 --> 00:19:46.210 And so it's not a surprise if you do

NOTE Confidence: 0.942777854444444

00:19:46.210 --> 00:19:47.974 even just a little bit of research,

NOTE Confidence: 0.942777854444444

00:19:47.980 --> 00:19:49.224 if you just Google,

NOTE Confidence: 0.942777854444444

00:19:49.224 --> 00:19:51.810 say cancer and anxiety or cancer and stress,

NOTE Confidence: 0.942777854444444

00:19:51.810 --> 00:19:53.616 you'll see how common it is and

NOTE Confidence: 0.942777854444444

00:19:53.616 --> 00:19:55.741 how common it is to ask for help

NOTE Confidence: 0.942777854444444

00:19:55.741 --> 00:19:57.399 and how many different avenues

NOTE Confidence: 0.942777854444444

00:19:57.399 --> 00:19:59.555 there may be out there for support.

NOTE Confidence: 0.77472678125

00:20:00.410 --> 00:20:03.374 I think that one key message for

NOTE Confidence: 0.77472678125

00:20:03.374 --> 00:20:05.918 people whether you've been diagnosed with

NOTE Confidence: 0.77472678125

00:20:05.918 --> 00:20:09.359 cancer or not is that it's OK to not be OK.

NOTE Confidence: 0.77472678125

00:20:09.360 --> 00:20:12.270 And it's OK to say I'm not OK and I

NOTE Confidence: 0.77472678125

00:20:12.362 --> 00:20:15.490 could really use some help and the

NOTE Confidence: 0.77472678125

00:20:15.490 --> 00:20:18.948 good news is that help is out there,

NOTE Confidence: 0.77472678125

00:20:18.950 --> 00:20:21.734 but sometimes that help needs to be asked

NOTE Confidence: 0.77472678125

00:20:21.734 --> 00:20:24.190 for because people don't have ESP, right?

NOTE Confidence: 0.77472678125

00:20:24.190 --> 00:20:26.440 So you need to kind of take that

NOTE Confidence: 0.77472678125

00:20:26.501 --> 00:20:28.702 step and I agree with you, it's a  
NOTE Confidence: 0.77472678125

00:20:28.702 --> 00:20:30.405 vulnerable step, right?  
NOTE Confidence: 0.77472678125

00:20:30.405 --> 00:20:33.565 But it's OK to say I'm not OK,  
NOTE Confidence: 0.77472678125

00:20:33.570 --> 00:20:36.335 and I think more and more people  
NOTE Confidence: 0.77472678125

00:20:36.335 --> 00:20:38.000 now are realizing that,  
NOTE Confidence: 0.77472678125

00:20:38.000 --> 00:20:42.455 and so I hope that that message gets across.  
NOTE Confidence: 0.77472678125

00:20:42.460 --> 00:20:45.580 But the other thing I think that is  
NOTE Confidence: 0.77472678125

00:20:45.580 --> 00:20:48.629 really helpful is for people to understand  
NOTE Confidence: 0.77472678125

00:20:48.629 --> 00:20:51.210 in a practical and pragmatic way,  
NOTE Confidence: 0.77472678125

00:20:51.210 --> 00:20:53.724 what is the benefit of seeing  
NOTE Confidence: 0.77472678125

00:20:53.724 --> 00:20:55.400 a mental health provider,  
NOTE Confidence: 0.77472678125

00:20:55.400 --> 00:20:57.656 whether it's a psychologist, a psychiatrist,  
NOTE Confidence: 0.77472678125

00:20:57.660 --> 00:20:59.160 a counselor or social worker.,  
NOTE Confidence: 0.77472678125

00:20:59.160 --> 00:21:01.640 Can you provide us  
NOTE Confidence: 0.77472678125

00:21:01.640 --> 00:21:04.419 some tangible benefits that you get  
NOTE Confidence: 0.77472678125

00:21:04.419 --> 00:21:06.937 because some people may be thinking OK,

NOTE Confidence: 0.77472678125  
00:21:06.940 --> 00:21:08.084 what are  
NOTE Confidence: 0.77472678125  
00:21:08.084 --> 00:21:09.514 they gonna do?  
NOTE Confidence: 0.77472678125  
00:21:09.520 --> 00:21:10.010 I mean,  
NOTE Confidence: 0.77472678125  
00:21:10.010 --> 00:21:11.480 we're going to talk about my  
NOTE Confidence: 0.77472678125  
00:21:11.480 --> 00:21:12.520 childhood or something,  
NOTE Confidence: 0.77472678125  
00:21:12.520 --> 00:21:16.040 and I think that there's a lot of  
NOTE Confidence: 0.77472678125  
00:21:16.040 --> 00:21:18.163 misperceptions about what exactly you  
NOTE Confidence: 0.77472678125  
00:21:18.163 --> 00:21:20.896 do and what are the tangible benefits  
NOTE Confidence: 0.77472678125  
00:21:20.896 --> 00:21:23.895 of working with a counselor or mental  
NOTE Confidence: 0.77472678125  
00:21:23.895 --> 00:21:26.601 health professional to kind of cope  
NOTE Confidence: 0.77472678125  
00:21:26.601 --> 00:21:29.356 with either the physical symptoms  
NOTE Confidence: 0.77472678125  
00:21:29.356 --> 00:21:31.576 or the psychological symptoms.  
NOTE Confidence: 0.77472678125  
00:21:31.580 --> 00:21:33.834 Or simply to get through the day  
NOTE Confidence: 0.77472678125  
00:21:33.834 --> 00:21:36.441 and cope with all of the peripheral  
NOTE Confidence: 0.77472678125  
00:21:36.441 --> 00:21:38.793 things that are happening with you  
NOTE Confidence: 0.77472678125

00:21:38.868 --> 00:21:41.250 in terms of relationships at home,  
NOTE Confidence: 0.77472678125

00:21:41.250 --> 00:21:43.590 at work, and so on.  
NOTE Confidence: 0.953616167894737

00:21:43.730 --> 00:21:45.422 And I've heard all  
NOTE Confidence: 0.953616167894737

00:21:45.422 --> 00:21:47.451 of those things and more when I  
NOTE Confidence: 0.953616167894737

00:21:47.451 --> 00:21:49.137 meet someone for the first time,  
NOTE Confidence: 0.953616167894737

00:21:49.140 --> 00:21:51.714 so they have gotten over that hump of OK,  
NOTE Confidence: 0.953616167894737

00:21:51.720 --> 00:21:52.920 I'm going to make an appointment.  
NOTE Confidence: 0.953616167894737

00:21:52.920 --> 00:21:54.257 I'm going to go to the appointment,  
NOTE Confidence: 0.953616167894737

00:21:54.260 --> 00:21:56.426 but what do we do now?  
NOTE Confidence: 0.953616167894737

00:21:56.430 --> 00:21:58.957 There is a lot of misinformation and  
NOTE Confidence: 0.953616167894737

00:21:58.957 --> 00:22:00.518 misunderstanding about what psychologists  
NOTE Confidence: 0.953616167894737

00:22:00.518 --> 00:22:02.990 and counselors and social workers do.  
NOTE Confidence: 0.953616167894737

00:22:02.990 --> 00:22:05.587 There are some that focus on understanding  
NOTE Confidence: 0.953616167894737

00:22:05.587 --> 00:22:08.287 how your childhood shaped who you are today.  
NOTE Confidence: 0.953616167894737

00:22:08.290 --> 00:22:10.754 When we're dealing with something like cancer  
NOTE Confidence: 0.953616167894737

00:22:10.754 --> 00:22:12.829 and something that's very here and now,

NOTE Confidence: 0.953616167894737  
00:22:12.830 --> 00:22:15.542 we're focused on what tools are the most  
NOTE Confidence: 0.953616167894737  
00:22:15.542 --> 00:22:18.016 useful for helping improve your symptoms  
NOTE Confidence: 0.953616167894737  
00:22:18.016 --> 00:22:21.010 and helping improve your quality of life.  
NOTE Confidence: 0.953616167894737  
00:22:21.010 --> 00:22:24.490 And so to use an example that I see often,  
NOTE Confidence: 0.953616167894737  
00:22:24.490 --> 00:22:26.926 fatigue is one of the biggest challenges  
NOTE Confidence: 0.953616167894737  
00:22:26.930 --> 00:22:29.462 that cancer patients experience as they're  
NOTE Confidence: 0.953616167894737  
00:22:29.462 --> 00:22:31.932 going through their treatment and well  
NOTE Confidence: 0.953616167894737  
00:22:31.932 --> 00:22:34.086 beyond when their treatment is completed  
NOTE Confidence: 0.953616167894737  
00:22:34.090 --> 00:22:36.858 and if we're using looking at how CBT  
NOTE Confidence: 0.953616167894737  
00:22:36.858 --> 00:22:39.414 skills vary based and a present moment  
NOTE Confidence: 0.953616167894737  
00:22:39.414 --> 00:22:42.090 focused approach could help with that.  
NOTE Confidence: 0.953616167894737  
00:22:42.090 --> 00:22:44.592 I would work with someone on  
NOTE Confidence: 0.953616167894737  
00:22:44.592 --> 00:22:46.739 identifying what behaviors might be  
NOTE Confidence: 0.953616167894737  
00:22:46.739 --> 00:22:48.789 continuing that cycle of fatigue,  
NOTE Confidence: 0.953616167894737  
00:22:48.790 --> 00:22:50.445 and oftentimes with fatigue comes  
NOTE Confidence: 0.953616167894737



00:22:50.445 --> 00:22:52.418 depression and when we feel  
NOTE Confidence: 0.953616167894737

00:22:52.418 --> 00:22:54.231 depressed or when we feel like we  
NOTE Confidence: 0.953616167894737

00:22:54.231 --> 00:22:56.189 can't do the things we used to do,  
NOTE Confidence: 0.953616167894737

00:22:56.190 --> 00:22:57.194 a lot of people tend  
NOTE Confidence: 0.953616167894737

00:22:57.194 --> 00:22:59.339 to withdraw and so they may struggle  
NOTE Confidence: 0.953616167894737

00:22:59.339 --> 00:23:01.659 to do the activities that used to bring  
NOTE Confidence: 0.953616167894737

00:23:01.720 --> 00:23:04.009 them pleasure or feel meaningful to them,  
NOTE Confidence: 0.953616167894737

00:23:04.010 --> 00:23:05.850 or they may be spending a lot of  
NOTE Confidence: 0.953616167894737

00:23:05.850 --> 00:23:08.585 time in bed or on the couch and those  
NOTE Confidence: 0.953616167894737

00:23:08.585 --> 00:23:10.290 things unfortunately tend to make  
NOTE Confidence: 0.953616167894737

00:23:10.290 --> 00:23:12.015 both fatigue and depression worse.  
NOTE Confidence: 0.953616167894737

00:23:12.020 --> 00:23:15.890 So we might focus on how can we gradually  
NOTE Confidence: 0.953616167894737

00:23:15.890 --> 00:23:19.301 increase activity overtime and in a way  
NOTE Confidence: 0.953616167894737

00:23:19.301 --> 00:23:22.089 that balances both energy and mood.  
NOTE Confidence: 0.953616167894737

00:23:22.090 --> 00:23:23.998 So paying attention to what things  
NOTE Confidence: 0.953616167894737

00:23:23.998 --> 00:23:26.248 have the biggest bang for the buck

NOTE Confidence: 0.953616167894737  
00:23:26.248 --> 00:23:27.773 for improving mood and energy.  
NOTE Confidence: 0.953616167894737  
00:23:27.780 --> 00:23:29.256 And building up slowly over time  
NOTE Confidence: 0.953616167894737  
00:23:29.256 --> 00:23:31.252 again so we don't get into a cycle  
NOTE Confidence: 0.953616167894737  
00:23:31.252 --> 00:23:32.452 where we're doing too much  
NOTE Confidence: 0.953616167894737  
00:23:32.460 --> 00:23:35.106 and then the bottom drops out and and we  
NOTE Confidence: 0.953616167894737  
00:23:35.106 --> 00:23:38.089 just give up because it's too difficult.  
NOTE Confidence: 0.953616167894737  
00:23:38.090 --> 00:23:40.698 And so you can see how  
NOTE Confidence: 0.953616167894737  
00:23:40.700 --> 00:23:41.756 in that scenario,  
NOTE Confidence: 0.953616167894737  
00:23:41.756 --> 00:23:43.164 I'm not providing advice.  
NOTE Confidence: 0.953616167894737  
00:23:43.170 --> 00:23:45.282 I'm also not talking about anybody's  
NOTE Confidence: 0.953616167894737  
00:23:45.282 --> 00:23:45.634 childhood.  
NOTE Confidence: 0.953616167894737  
00:23:45.640 --> 00:23:47.560 I'm suggesting skills and strategies  
NOTE Confidence: 0.953616167894737  
00:23:47.560 --> 00:23:50.580 that are focused on the problem at hand.  
NOTE Confidence: 0.953616167894737  
00:23:50.580 --> 00:23:52.650 And what could actually be done  
NOTE Confidence: 0.953616167894737  
00:23:52.650 --> 00:23:54.670 to help improve things overtime.  
NOTE Confidence: 0.892937781111111

00:23:55.610 --> 00:23:57.220 Yeah, I think that's  
NOTE Confidence: 0.8929377811111111

00:23:57.220 --> 00:23:58.508 so important.  
NOTE Confidence: 0.8929377811111111

00:23:58.510 --> 00:23:59.806 And it really is, you know,  
NOTE Confidence: 0.8929377811111111

00:23:59.810 --> 00:24:03.386 kind of tangible advice like guidance.  
NOTE Confidence: 0.8929377811111111

00:24:03.390 --> 00:24:04.638 Just like a coach.  
NOTE Confidence: 0.8929377811111111

00:24:04.638 --> 00:24:06.983 You know when you're a kid and  
NOTE Confidence: 0.8929377811111111

00:24:06.983 --> 00:24:08.993 you're playing Little League or  
NOTE Confidence: 0.8929377811111111

00:24:08.993 --> 00:24:11.090 or you're learning the piano.  
NOTE Confidence: 0.8929377811111111

00:24:11.090 --> 00:24:12.847 You always have a teacher or a  
NOTE Confidence: 0.8929377811111111

00:24:12.847 --> 00:24:14.380 coach who's trying to make you  
NOTE Confidence: 0.8929377811111111

00:24:14.380 --> 00:24:16.067 better and and give you those tips.  
NOTE Confidence: 0.8929377811111111

00:24:16.070 --> 00:24:18.130 Those skills that will help  
NOTE Confidence: 0.8929377811111111

00:24:18.130 --> 00:24:20.190 you in improving whatever it  
NOTE Confidence: 0.8929377811111111

00:24:20.268 --> 00:24:22.328 is you're trying to improve.  
NOTE Confidence: 0.8929377811111111

00:24:22.330 --> 00:24:25.851 And I think working with a mental  
NOTE Confidence: 0.8929377811111111

00:24:25.851 --> 00:24:28.619 health professional in that way may

NOTE Confidence: 0.8929377811111111

00:24:28.620 --> 00:24:31.357 provide you those same kinds of skill

NOTE Confidence: 0.8929377811111111

00:24:31.357 --> 00:24:34.258 sets that will help you to overcome

NOTE Confidence: 0.8929377811111111

00:24:34.258 --> 00:24:36.736 the challenges that come with that.

NOTE Confidence: 0.8929377811111111

00:24:36.740 --> 00:24:39.645 I think the other piece though is

NOTE Confidence: 0.8929377811111111

00:24:39.645 --> 00:24:42.100 the emotional piece and you know,

NOTE Confidence: 0.8929377811111111

00:24:42.100 --> 00:24:45.660 dealing with just the huge array of emotions

NOTE Confidence: 0.8929377811111111

00:24:45.747 --> 00:24:48.799 that you get with a cancer diagnosis.

NOTE Confidence: 0.8929377811111111

00:24:48.800 --> 00:24:51.632 And for some people I think that so

NOTE Confidence: 0.8929377811111111

00:24:51.632 --> 00:24:54.798 much can compound one thing on top of

NOTE Confidence: 0.8929377811111111

00:24:54.798 --> 00:24:57.830 another thing on top of another thing.

NOTE Confidence: 0.8929377811111111

00:24:57.830 --> 00:25:00.651 And there are cases where

NOTE Confidence: 0.8929377811111111

00:25:00.651 --> 00:25:03.712 people can actually get

NOTE Confidence: 0.8929377811111111

00:25:03.712 --> 00:25:06.700 suicidal with all of the things

NOTE Confidence: 0.8929377811111111

00:25:06.700 --> 00:25:08.878 building up leading to outcomes

NOTE Confidence: 0.8929377811111111

00:25:08.878 --> 00:25:11.554 that really didn't need to happen.

NOTE Confidence: 0.8929377811111111

00:25:11.560 --> 00:25:14.984 So talk a little bit about how people  
NOTE Confidence: 0.8929377811111111

00:25:14.984 --> 00:25:17.279 can overcome some of the emotional  
NOTE Confidence: 0.8929377811111111

00:25:17.279 --> 00:25:20.142 baggage and all of the things that  
NOTE Confidence: 0.8929377811111111

00:25:20.142 --> 00:25:23.116 just seem to layer on when they're  
NOTE Confidence: 0.8929377811111111

00:25:23.116 --> 00:25:25.693 going through a cancer journey where  
NOTE Confidence: 0.8929377811111111

00:25:25.693 --> 00:25:28.605 you know sometimes it just feels like  
NOTE Confidence: 0.8929377811111111

00:25:28.610 --> 00:25:30.518 there's a tiny straw that can  
NOTE Confidence: 0.8929377811111111

00:25:30.518 --> 00:25:31.790 break the camels back.  
NOTE Confidence: 0.9241268175

00:25:32.840 --> 00:25:34.495 And I think that's  
NOTE Confidence: 0.9241268175

00:25:34.495 --> 00:25:35.488 exactly what happens,  
NOTE Confidence: 0.9241268175

00:25:35.490 --> 00:25:37.765 and I often talk to people about  
NOTE Confidence: 0.9241268175

00:25:37.765 --> 00:25:40.468 that these aren't as if we were  
NOTE Confidence: 0.9241268175

00:25:40.468 --> 00:25:42.028 dealing with each stressor individually.  
NOTE Confidence: 0.9241268175

00:25:42.030 --> 00:25:43.670 They do become something different  
NOTE Confidence: 0.9241268175

00:25:43.670 --> 00:25:45.679 when they compound like that and  
NOTE Confidence: 0.9241268175

00:25:45.679 --> 00:25:47.239 and they become something bigger

NOTE Confidence: 0.9241268175

00:25:47.239 --> 00:25:49.069 and more more difficult to manage,

NOTE Confidence: 0.9241268175

00:25:49.070 --> 00:25:51.044 but I think the strategy is the

NOTE Confidence: 0.9241268175

00:25:51.044 --> 00:25:52.958 same as teasing apart all those

NOTE Confidence: 0.9241268175

00:25:52.958 --> 00:25:54.974 different pieces that are tangled up

NOTE Confidence: 0.9241268175

00:25:54.974 --> 00:25:57.386 and looking at them one by one and

NOTE Confidence: 0.9241268175

00:25:57.386 --> 00:25:59.156 how they interact with each other.

NOTE Confidence: 0.9241268175

00:25:59.156 --> 00:26:01.787 And so it may be that someone,

NOTE Confidence: 0.9241268175

00:26:01.787 --> 00:26:04.397 like the example that I mentioned,

NOTE Confidence: 0.9241268175

00:26:04.397 --> 00:26:06.802 comes with more behaviorally

NOTE Confidence: 0.9241268175

00:26:06.802 --> 00:26:08.838 motivated symptoms where they're

NOTE Confidence: 0.9241268175

00:26:08.838 --> 00:26:11.226 having a hard time connecting

NOTE Confidence: 0.9241268175

00:26:11.226 --> 00:26:12.956 with people or they've withdrawn,

NOTE Confidence: 0.9241268175

00:26:12.960 --> 00:26:14.680 and it may be that somebody is coming

NOTE Confidence: 0.9241268175

00:26:14.680 --> 00:26:16.810 to me with more symptoms that are more

NOTE Confidence: 0.9241268175

00:26:16.810 --> 00:26:18.960 driven by the thoughts that they have like,

NOTE Confidence: 0.9241268175

00:26:18.960 --> 00:26:19.908 this is hopeless,  
NOTE Confidence: 0.9241268175

00:26:19.908 --> 00:26:22.520 or I'm never going to get past this,  
NOTE Confidence: 0.9241268175

00:26:22.520 --> 00:26:25.202 and so we would just take those pieces one  
NOTE Confidence: 0.9241268175

00:26:25.202 --> 00:26:28.016 at a time and address them as they come,  
NOTE Confidence: 0.9241268175

00:26:28.020 --> 00:26:30.596 and oftentimes they have a downstream effect.  
NOTE Confidence: 0.9241268175

00:26:30.600 --> 00:26:31.720 So once you can start  
NOTE Confidence: 0.9241268175

00:26:31.720 --> 00:26:33.695 getting some distance from  
NOTE Confidence: 0.9241268175

00:26:33.695 --> 00:26:36.053 thoughts and thinking about them in  
NOTE Confidence: 0.9241268175

00:26:36.053 --> 00:26:37.955 a more objective or balanced way,  
NOTE Confidence: 0.9241268175

00:26:37.960 --> 00:26:40.000 then it may become easier to do some  
NOTE Confidence: 0.9241268175

00:26:40.000 --> 00:26:42.014 of the things behaviorally that might  
NOTE Confidence: 0.9241268175

00:26:42.014 --> 00:26:44.900 also help you feel better and vice versa.  
NOTE Confidence: 0.9241268175

00:26:44.900 --> 00:26:47.216 And so it's not  
NOTE Confidence: 0.9241268175

00:26:47.220 --> 00:26:49.131 I wouldn't say a simple process or  
NOTE Confidence: 0.9241268175

00:26:49.131 --> 00:26:51.200 or maybe it is a simple process,  
NOTE Confidence: 0.9241268175

00:26:51.200 --> 00:26:52.770 but not an easy one,

NOTE Confidence: 0.9241268175

00:26:52.770 --> 00:26:54.624 but that's why it's helpful

NOTE Confidence: 0.9241268175

00:26:54.624 --> 00:26:56.389 to have someone like a coach.

NOTE Confidence: 0.9241268175

00:26:56.390 --> 00:26:58.084 And that's why I often think of

NOTE Confidence: 0.9241268175

00:26:58.084 --> 00:27:00.296 myself like a coach or like a teacher

NOTE Confidence: 0.9241268175

00:27:00.296 --> 00:27:01.721 to help observe those things.

NOTE Confidence: 0.9241268175

00:27:01.730 --> 00:27:04.442 And help point out where can we start

NOTE Confidence: 0.9241268175

00:27:04.442 --> 00:27:07.461 so that we can have the most success

NOTE Confidence: 0.9241268175

00:27:07.461 --> 00:27:10.100 the quickest and then go from there.

00:27:10.470 --> 00:27:12.678 I think that that's so key, is

NOTE Confidence: 0.940443032666667

00:27:12.678 --> 00:27:14.314 that oftentimes when you're feeling

NOTE Confidence: 0.940443032666667

00:27:14.314 --> 00:27:16.354 overwhelmed like it's just one thing

NOTE Confidence: 0.940443032666667

00:27:16.354 --> 00:27:18.641 on top of another thing on top of

NOTE Confidence: 0.940443032666667

00:27:18.641 --> 00:27:21.152 another thing on top of another thing,

NOTE Confidence: 0.940443032666667

00:27:21.152 --> 00:27:23.690 it's sometimes helpful to have an

NOTE Confidence: 0.940443032666667

00:27:23.770 --> 00:27:25.960 objective lens and outside person

NOTE Confidence: 0.940443032666667

00:27:25.960 --> 00:27:29.316 to kind of break things down for you



NOTE Confidence: 0.940443032666667  
00:27:29.316 --> 00:27:31.843 into little pieces and to give you  
NOTE Confidence: 0.940443032666667  
00:27:31.850 --> 00:27:34.265 some skills to understand how you can  
NOTE Confidence: 0.940443032666667  
00:27:34.265 --> 00:27:36.770 deal with each of the little pieces.  
NOTE Confidence: 0.940443032666667  
00:27:36.770 --> 00:27:38.545 It might be more manageable  
NOTE Confidence: 0.940443032666667  
00:27:38.545 --> 00:27:40.320 than trying to deal with  
NOTE Confidence: 0.940443032666667  
00:27:40.320 --> 00:27:42.620 the overwhelm of many things  
NOTE Confidence: 0.940443032666667  
00:27:42.620 --> 00:27:44.920 all compounded at once.  
NOTE Confidence: 0.957353793333333  
00:27:44.950 --> 00:27:47.710 And actually if we look at what happens  
NOTE Confidence: 0.957353793333333  
00:27:47.710 --> 00:27:48.960 physiologically and neurologically  
NOTE Confidence: 0.957353793333333  
00:27:48.960 --> 00:27:50.928 when we become overwhelmed,  
NOTE Confidence: 0.957353793333333  
00:27:50.930 --> 00:27:52.865 it's actually really difficult to  
NOTE Confidence: 0.957353793333333  
00:27:52.865 --> 00:27:55.203 do that for ourselves because our  
NOTE Confidence: 0.957353793333333  
00:27:55.203 --> 00:27:57.195 frontal lobe is really what helps  
NOTE Confidence: 0.957353793333333  
00:27:57.195 --> 00:27:59.346 us think through things clearly and  
NOTE Confidence: 0.957353793333333  
00:27:59.346 --> 00:28:01.524 problem solve and to sort through  
NOTE Confidence: 0.957353793333333

00:28:01.524 --> 00:28:03.570 things and organize for ourselves.  
NOTE Confidence: 0.9573537933333333

00:28:03.570 --> 00:28:06.090 And when we're feeling very emotional,  
NOTE Confidence: 0.9573537933333333

00:28:06.090 --> 00:28:07.908 that part of our brain isn't  
NOTE Confidence: 0.9573537933333333

00:28:07.908 --> 00:28:09.060 activated as much. Instead,  
NOTE Confidence: 0.9573537933333333

00:28:09.060 --> 00:28:10.980 the part of our brain,  
NOTE Confidence: 0.9573537933333333

00:28:10.980 --> 00:28:13.164 our amygdala, is really on  
NOTE Confidence: 0.9573537933333333

00:28:13.164 --> 00:28:15.539 overdrive in our sympathetic nervous system.  
NOTE Confidence: 0.9573537933333333

00:28:15.540 --> 00:28:17.058 That's our fight or flight response.  
NOTE Confidence: 0.9573537933333333

00:28:17.060 --> 00:28:18.764 That's what our body does when  
NOTE Confidence: 0.9573537933333333

00:28:18.764 --> 00:28:19.616 we're in danger.  
NOTE Confidence: 0.9573537933333333

00:28:19.620 --> 00:28:21.588 When it thinks we're in danger, it  
NOTE Confidence: 0.9573537933333333

00:28:21.590 --> 00:28:22.535 really takes over,  
NOTE Confidence: 0.9573537933333333

00:28:22.535 --> 00:28:24.110 and it becomes very challenging  
NOTE Confidence: 0.9573537933333333

00:28:24.110 --> 00:28:25.230 to think clearly,  
NOTE Confidence: 0.9573537933333333

00:28:25.230 --> 00:28:26.980 and that's part of the reason why  
NOTE Confidence: 0.9573537933333333

00:28:26.980 --> 00:28:28.606 it's so helpful to have someone

NOTE Confidence: 0.9573537933333333

00:28:28.606 --> 00:28:30.256 outside to be able to objectively

NOTE Confidence: 0.9573537933333333

00:28:30.256 --> 00:28:32.168 help guide you through those things.

NOTE Confidence: 0.888468002666667

00:28:32.620 --> 00:28:34.485 Doctor Jennifer Kilkus is an

NOTE Confidence: 0.888468002666667

00:28:34.485 --> 00:28:35.977 assistant professor of psychiatry

NOTE Confidence: 0.888468002666667

00:28:35.977 --> 00:28:38.016 at the Yale School of Medicine.

NOTE Confidence: 0.888468002666667

00:28:38.020 --> 00:28:39.640 If you have questions,

NOTE Confidence: 0.888468002666667

00:28:39.640 --> 00:28:41.665 the address is cancer answers at

NOTE Confidence: 0.888468002666667

00:28:41.670 --> 00:28:44.178 Yale.edu and past editions of the

NOTE Confidence: 0.888468002666667

00:28:44.178 --> 00:28:46.646 program are available in audio and

NOTE Confidence: 0.888468002666667

00:28:46.646 --> 00:28:48.049 written form at yalecancercenter.org.

NOTE Confidence: 0.888468002666667

00:28:48.049 --> 00:28:50.601 We hope you'll join us next week to

NOTE Confidence: 0.888468002666667

00:28:50.601 --> 00:28:52.548 learn more about the fight against

NOTE Confidence: 0.888468002666667

00:28:52.548 --> 00:28:54.118 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.888468002666667

00:28:54.176 --> 00:28:55.671 Funding for Yale Cancer

NOTE Confidence: 0.888468002666667

00:28:55.671 --> 00:28:57.166 Answers is provided by Smilow

NOTE Confidence: 0.888468002666667

00:28:57.170 --> 00:29:00.000 Cancer Hospital and AstraZeneca.