CALM | Managing Cancer and Living Meaningfully

CALM Workshop

General Overview
Program will consist of two four-hour sessions focusing on the theoretical framework, process and content of CALM and its application. This will include discussion of the application of the CALM domains and concepts of attachment security, mentalization and double awareness and the utilization of psychometric measures in CALM clinical care and research.

Objectives
- Provide an overview of the theoretical foundations of CALM.
- Introduce the CALM structure and therapeutic processes.
- Explore the clinical application of CALM through video-recorded interviews sessions and discuss the concepts of mentalization, attachment security and double awareness

Agenda

Day 1: Thursday October 12, 2023

Time	Topic	Presenter
8:00-8:15	**Welcome and Introductions**	Gary Rodin & Sarah Hales
8:15-9:15	**Introduction to CALM and the Theoretical Content of CALM** • Overview of the CALM domains and concepts of CALM	Gary Rodin
9:15-9:30	Break	
9:30-10:30	**Case Presentation: Applying Theory to Practice**	Gary Rodin
10:30-10:45	Break	
10:45-11:15	**Case Presentation: Beginnings**	Sarah Hales
11:15-12:00	**Reflections on CALM and Your Patients** • An opportunity for feedback, questions and open group discussion	Gary Rodin & Sarah Hales

Day 2: Friday October 13, 2023

Time	Topic	Estimated Time
8:00-8:30	**Review of the CALM Concepts**	Sarah Hales
8:30-9:30	**CALM Case: Facilitating Mentalization**	Sarah Hales
9:30-9:45	Break	
9:45-10:45	**CALM Case: Longitudinal Exploration of CALM**	Gary Rodin
10:45-11:00	Break	
11:00-12:00	**Implementation of CALM in Your Practice** • Through group discussion we will discuss next steps to implementing CALM therapy in clinicians' respective sites. • Workshop participants will be encouraged to share cases, challenges, questions with the group for feedback and discussion.	Gary Rodin & Sarah Hales