

Resiliency and Legacy

National Coalition for Cancer Survivorship
Cancer Policy and Advocacy Team Symposium

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Resilience

- Biological, personal, and social factors
- Not everyone reacts to adversities in the same way

When we are no longer able to change a situation, we are challenged to change ourselves

-Viktor Frankl

Psychiatrist, holocaust survivor.

madame-zenista.com

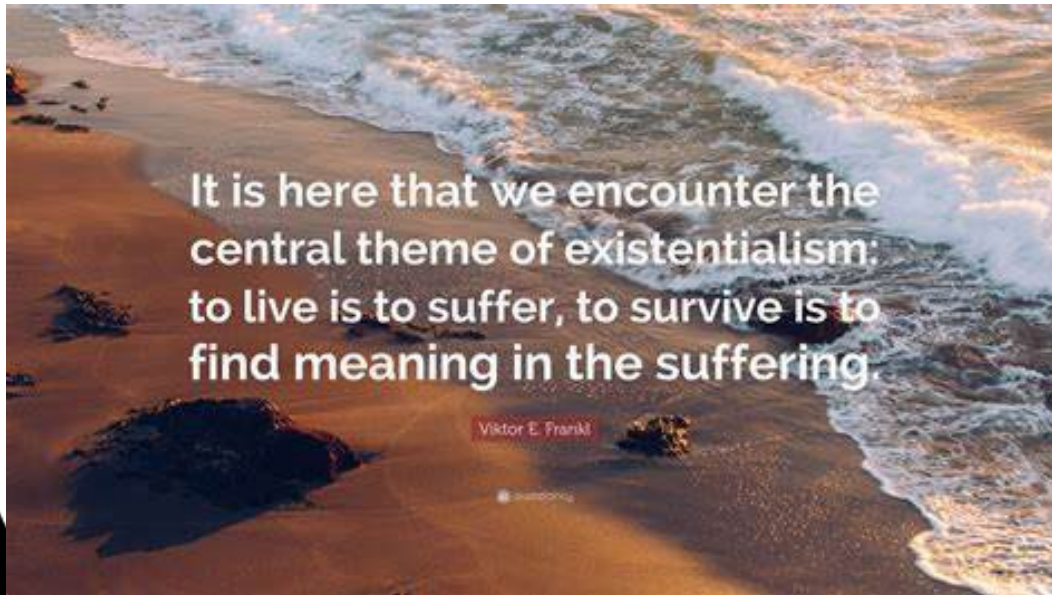
Resilience and Meaning

- Critical period after someone is diagnosed
- Distress and fears
- Coping process

Meaning Making

- Situational Meaning
 - Meaning in the context of a specific event
 - i.e. Diagnosis
- Global meaning
 - Global beliefs and goals

When Meaning Leads to Distress



Searching for meaning is only helpful when meaning is found

Viktor Frankl: Man's Search for Meaning

- The Will to Meaning
- Life Has Meaning
- Freedom of Will

What do you think when you hear these terms?

- Meaning
- Legacy
- Identity

Four Sources of Meaning

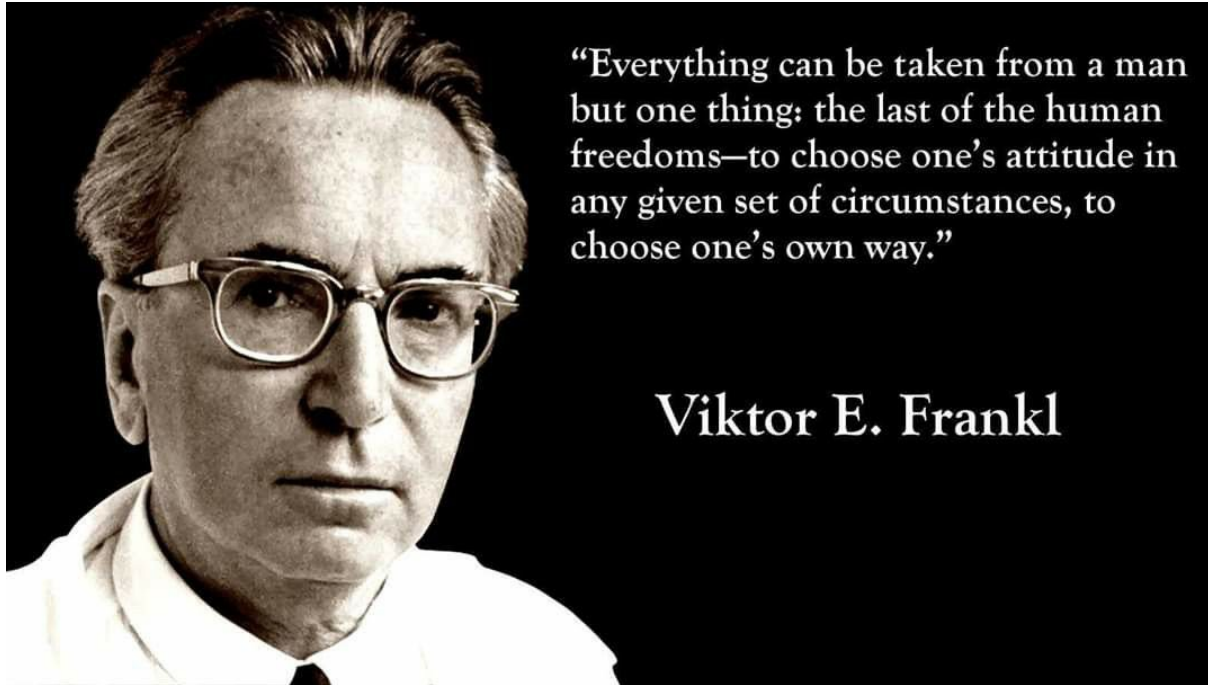
- Historical
- Attitudinal
- Experiential
- Creative

Historical Sources of Meaning

- What in your life have been sources of pride and meaning?
- Life as a Living Legacy
 - Legacy that's been given
 - Legacy one lives
 - Legacy that one will give

Attitudinal Sources of Meaning

- Encountering life's limitations
- Turning tragedy into triumph



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

Experiential Sources of Meaning

- Connecting with life through...
 - Love
 - Beauty
 - Humor

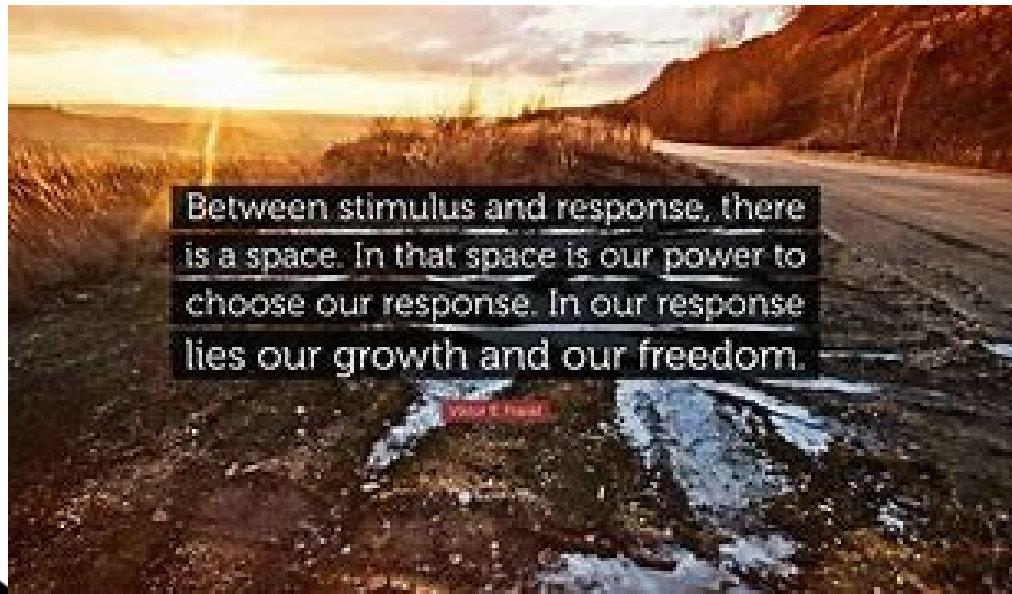
Those who have a
'why' to live,
can bear with
almost any
'how.'

Viktor Frankl

meetville.com

Creative Sources of Meaning

- Creativity, courage and responsibility
- How do you actively engage in life?



The REALMS Program

- At Rainbow Babies and Children's Hospital in Cleveland, OH
- With AYA Patients

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Meaning Centered Psychotherapy Training

- Memorial Sloan Kettering Cancer Center
- Email PsytrainMCP@mskcc.org

Thank you!

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