

## **Providing personalized psychosocial support based on Early Maladaptive Schemas**

1. Chair: Prof. Marije van der Lee, Helen Dowling Institute, Department of scientific research, Professor Bronkhorstlaan 20, 3723 MB Bilthoven, the Netherlands / Department of Medical and Clinical Psychology, Center of Research on Psychology in Somatic diseases, Tilburg University, The Netherlands

Van der Lee holds a chair in Clinical Psycho-oncology and provides patient care as psychologist in a mental health institute. She aims at personalizing clinical psycho-oncology interventions and making them available for all cancer patients at risk for developing complex mental health disorders. She educates healthcare workers worldwide in recognizing cancer patients at risk for complex mental health problems. She received the Hanneke de Haes award for her outstanding contribution to Psycho-Oncology in scientific output as well as clinical work and teaching.

2. Facilitator: Irene de Vlaming (MA), Department of Medical Psychology, Alrijne Hospital, Houtlaan 2334 CK Leiden, The Netherlands

de Vlaming is a clinical psychologist and psychotherapist in the Department of Medical Psychology in a general hospital in the Netherlands. She is experienced in mental healthcare for psycho-oncology and in schematherapy. She is an outstanding teacher and supervisor for post-master education of psychologists in medical psychology and psycho-oncology.

### Description of workshop

In dealing with cancer, trust in the care provider-patient relationship is a key component of a solid working alliance, facilitating effective communication, decision making, reducing fear and improving treatment adherence<sup>1</sup> and patient satisfaction<sup>2</sup>. This workshop will help clinicians to better understand and meet the diverse psychosocial needs and behaviours of patients during cancer treatment. The Schema theory<sup>3</sup> is a useful framework for this. Central in this theory are Early Maladaptive Schemas (EMSs), meaning core beliefs about the self, others and the world that develop during childhood when core emotional needs are not met. This theory explains how EMSs give meaning to experiences later in life by self-affirming cognitive and behavioural strategies. The physical, cognitive, emotional and social challenges that cancer patients face are all opportunities for schema activation<sup>4</sup>, possibly leading to ineffective coping and feelings of instability and fear. Practical and matched advice during medical treatment can help patients in timely adjusting their coping to the burden of cancer. Assuming that health care needs to be tailored and that we should not force all patients to adapt to the same medical environment, this workshop helps nurses, doctors and other healthcare workers to better match their psychosocial intervention.

Learning objectives:

1. has useful knowledge about the Schema theory in working with cancer patients;
2. knows how to provide personalized feedback about possible pitfalls and needs of patients based on EMSs during their medical treatments;
3. feels convenient in working with psychosocial needs of cancer patients.