



- Cancer and its treatments have significant and persistent impacts on body image and related issues, often reducing quality of life.
- This one day workshop will introduce a well-developed psychosocial group intervention – Restoring body Image after Breast Cancer (ReBIC) - which incorporates guided imagery exercises and psychotherapeutic techniques to help cancer patients confront and work through the issues with their body image related distress.
- ReBIC was recently tested in a randomized controlled trial in breast cancer survivors, demonstrating improvements in body image and quality of life.

Relevant for: Physicians, Psychologists, Social Workers, Nurses, Researchers and other Allied Health Providers

Learning Objectives:

- To present literature and conceptual model on body image.
- To introduce evidence-based multi-modal group intervention (ReBIC) and its intervention manual.
- To provide participants with intervention techniques, including the guided imagery exercises and psychoeducation materials.
- To discuss the clinical application of the intervention using case studies, video tapes of segments from groups.

Teaching Faculty:

- Dr. Mary Jane Esplen, Professor, Clinician & Scientist Department of Psychiatry, University of Toronto, Executive Director, de Souza Institute
- Dr. Lianne Trachtenberg, Psychologist (Supervised Practice), Postdoctoral fellow, Department of Psychiatry, University of Toronto, and de Souza Institute

Workshop Details:

Cost: \$299.00

Date: October 19, 2018 - 9:00 a.m. to 4:30 p.m.

de Souza Training Centre
LuCliff Place
700 Bay Street, Suite 1903, Toronto, Ontario

Register on-line at desouzainstitute.com/RBIC



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