



# INTEGRATIVE MEDICINE GRAND ROUNDS

TUESDAY, MARCH 5TH, 2019 AT 8:00AM

## “Taming the Fear of Recurrence Monster” in Cancer: Mind-Body Skills and Case Presentation

**\*FOLLOWED BY COFFEE HOUR FROM 9-10AM\***



**Presenter: Daniel Hall, PhD**

Discussants: Patricia Martin Arcari, PhD, RN, AHN-BC (top); Michael J. Hassett, MD, MPH (top middle); Anne E. Kelly, RN, MS, NP-C, AOCNP (bottom middle); Julie L. Salinger, MSW, LICSW (bottom) and their patient (not pictured)



### Description

This presentation will review empirical support for mind-body skills that can help cancer survivors cope effectively with fear of recurrence, brought to life by a cancer survivor's experiences applying these techniques in a novel program currently undergoing pilot testing at BIDMC. You will also hear from a panel of her oncology care providers, whose support complemented the patient's mind-body practices and helped to “tame the fear of recurrence monster”.

### Location

Bornstein Family Amphitheater  
45 Francis Street, Boston, MA 02115

### MONTHLY | FIRST TUESDAY'S 8:00–9:00AM

**April 2:** “Brain Plasticity Associated with Tai Chi and Qigong Mind-Body Training: Studies in Pain and Aging”, presented by Jian Kong, MD, Massachusetts General Hospital

**May 7:** “The Endocannabinoid System and Cannabis: A Key to Integrative Wellness,” presented by Ryan Zaklin, MD, North Shore Medical Center

**HMS CME CREDITS AVAILABLE**

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# BIOGRAPHIES



**Daniel L. Hall, PhD**, is a licensed clinical health psychologist, T32 Harvard Medical School Integrative Medicine Research Fellow, and a Clinical Fellow in Psychology in the Department of Psychiatry at Massachusetts General Hospital (MGH). He works with teams in the MGH Behavioral Medicine Program, the Benson-Henry Institute for Mind Body Medicine, the MGH Cancer Center, and the Division of General Medicine at Beth Israel Deaconess Medical Center. Dr. Hall's research examines how medical patients experience and cope with uncertainty and stress, with a focus on cancer and other chronic illnesses. He is currently pilot testing a multimodal, mind-body intervention (SMART-3RP) adapted to target fear of cancer recurrence among cancer survivors. In July 2019, he plans to begin a K23 award to build this line of inquiry.



**Dr. Patricia Martin Arcari** received her PHD and undergraduate degrees from the Boston College School of Nursing, and a Master of Science in Nursing from Boston University. She is currently the Program Manager for Meditation and Mindfulness in the Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute (DFCI), and a Visiting Scholar at Boston College, where she has created novel meditation, mindfulness, and Mind Body Resilience programming for patients, staff, and students. She is also responsible for the design and implementation of the DFCI Reiki Center for Excellence. Previously, she was a Program Director at the Benson Henry Institute for Mind Body Medicine, and a Nurse Scientist at Massachusetts General Hospital. She is board certified as an advanced holistic nurse, a clinical nurse specialist in Integrative nursing, and has been involved in practicing Holistic Nursing for over 20 years in clinical, training, and research capacities. She

has provided training in mind body skill development with many patient populations, and educates healthcare professionals with Harvard Continuing Medical Education and the Mind Body Institute. Her areas of research interest include Reiki, mindfulness meditation, and developing resilience.



**Michael Hassett, MD, MPH** is a medical oncologist at the Dana-Farber Cancer Institute (DFCI) and an Assistant Professor of Medicine at Harvard Medical School. He works in the Division of Population Sciences conducting health services research focused on quality, disparities, costs, and outcomes; and in the Susan F. Smith Center for Women's Cancers caring for patients with breast cancer. As the Medical Director for Clinical Information Systems at DFCI, he develops and deploys CIS innovations to improve care quality and outcomes.



**Anne Kelly RN, MS, NP-C AOCNP** has worked in oncology at Brigham and Women's Hospital and Dana Farber Cancer Institute for over 35 years, most recently as a nurse practitioner in breast oncology and in the Zakim Center. Nurse Kelly has always tried to treat her patients in a holistic manner, addressing physical, psychological and spiritual needs. Working in the Zakim Center has allowed her to educate patients about the importance of integrative therapies. She encourages them to eat healthy, exercise and work on stress reduction. Nurse Kelly has also encourages patients to consider acupuncture and massage to help with the side effects of cancer treatment.



**Julie L Salinger, MSW, LICSW** is a Licensed Independent Clinical Social Worker at Dana Farber Cancer Institute, providing supportive counseling and psychoeducation to breast cancer patients and their families at all stages of the disease process: diagnosis, treatment, survivorship, recurrence, end of life and bereavement. Her focus is on collaborative work with the medical team, patients and their families to optimize. Julie serves as Facilitator for Schwartz Center Rounds at Dana Farber, and runs various support groups, including Facing Forward After Breast Cancer and Inflammatory Breast Cancer Support and Education Group.

Major themes in Julie's practice include: parenting issues, assessing and treating depression/anxiety, couples counseling, communication between patient and doctor, cultural awareness and sensitivity, addressing resource needs with referral to appropriate specialists, empathic listening, acknowledgment and validation of

patient and family emotional reactions, strategies to improve coping. The overarching goal of her work is to build a trusting relationship with patients which they can draw upon for comfort and support during their cancer journey.

Julie received a Masters degree in Social Work from Simmons School of Social Work and an AB in English from Brown University.