

Bright IDEAS:

APPLYING AN EVIDENCE BASED APPROACH TO ALLEVIATE DISTRESS IN CAREGIVERS OF CHILDREN RECENTLY DIAGNOSED WITH CANCER TO THE SURVIVOR COHORT

Bright IDEAS is an evidence-based, cognitive behavioral approach that was developed to alleviate distress in caregivers of children recently diagnosed with cancer by enhancing coping skills. Bright IDEAS is based on problem-solving therapy, an effective treatment for adult depression. This workshop will teach the Bright IDEAS model *and discuss ways that it can be applied to survivors and their families*, to help alleviate distress in this patient population.

Presenters/Facilitators:

- Robert Noll, PhD; Children’s Hospital of Pittsburgh
- Olle Jane Z. Sahler, MD; University of Rochester Medical Centre
- Megan Voll, LPC; The University of Pittsburgh, Children’s Hospital of UPMC

7:30 am – 8:00 am	Registration & Breakfast
8:00 am – 8:30 am	Introduction of Bright IDEAS and Review Materials
8:30 am – 9:00 am	Active Learning: Audience Q&A from day 1 session
9:00 am – 9:30 am	Translating Clinical Research to Practice
9:30 am – 9:40 am	How to Introduce Bright IDEAS
9:30 am – 10:00 am	Active Learning: Role Play / Audience Q&A
10:00 am – 10:15 am	Morning Break
10:15 am – 10:30 am	Identifying Challenges, Problems, Stressors, Issues or Goals?
10:15 am – 11:15 am	Active Learning: Role Play / Audience Q&A
11:15 am – 11:30 am	Define Your Options
11:30 am – 12:00 pm	Active Learning: Role Play / Audience Q&A
12:00 pm – 12:30 pm	Lunch
12:30 pm – 12:50 pm	Evaluate Your Options and Use the Pros & Cons
12:50 pm – 1:20 pm	Active Learning: Role Play / Audience Q&A
1:20 pm – 1:30 pm	Create an Action Plan
1:30 pm – 2:00 pm	Active Learning: Role Play / Audience Q&A
2:00 pm – 2:10 pm	Afternoon Break
2:10 pm – 2:20 pm	See if it Worked
2:20 pm – 2:30 pm	Active Learning: Role Play / Audience Q&A
2:30 pm – 3:00 pm	Evaluation and Post-Test Knowledge
3:00 pm – 3:55 pm	Implementation of Bright IDEAS
3:55 pm – 4:00 pm	Closing Remarks