Cancer Survivors’ Care
Fear of Recurrence: Strategies for Adaptive Coping

Thursday, April 18
12:30-1:30 p.m. (ET)
Online

Major advances have been made in cancer treatment resulting in more and more people surviving cancer every year. Once treatment ends, many cancer survivors struggle with lingering side effects (e.g., fatigue, pain, sleep disturbance) and understandable concerns about cancer recurrence. This session is designed to support IU faculty and staff who have been treated for cancer in coping adaptively with cancer-related challenges. Engaging session activities will focus on promoting self-awareness, identifying and pursuing valued goals and actions, and enhancing mindfulness and compassion for self and others.

Open to all members of the IU community.

Register at go.iu.edu/2abf
(URL is case-sensitive)

Program Facilitator: Shelley Johns, PsyD, ABPP, IUSM Assistant Professor of Medicine

Dr. Johns conducts patient-oriented research testing behavioral interventions to: (1) reduce cancer-related fatigue and associated symptoms for post-treatment cancer survivors; and (2) improve adaptive coping and quality of life for adults with advanced-stage cancer and their family caregivers. As a clinician-scientist currently working as part of the Palliative Care Service at Eskenazi Health, Dr. Johns is deeply aware of the needs of adults with cancer and their family caregivers. Her heightened awareness of the limitations of existing evidence-based interventions in effectively addressing the needs of many patients has led to a number of research ideas for which Dr. Johns has secured funding.