

# CALM Therapy

## What will it include?

- Conversations about symptom management
- Opportunity to include a loved one
- Hope, meaning and the future
- Questionnaires to focus therapy

## Who provides the intervention?

- Trained counselling professionals
- Lead clinician: Dr. Janet de Groot

## How often will we meet?

- Three to six sessions with the possibility of more sessions

## Who is it for?

Adults with advanced cancer

## When is it available?

Monday to Friday appointments

## Where will we meet?

Therapy sessions are provided virtually using the AHS-licensed Zoom Virtual Platform. Telephone appointments and limited in-person visits may be available if required.

## Research component

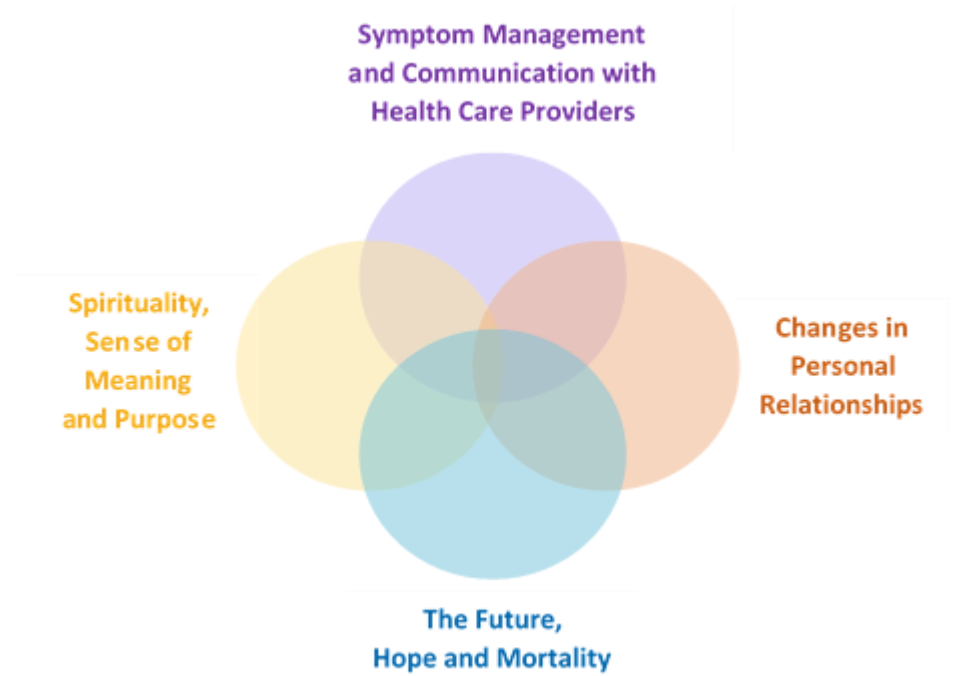
You will be asked to complete three questionnaire packages over the course of the therapy.

## For More information:

Dr. Janet de Groot: (403) 944 - 4932

Project assistant: (403) 476 - 2458

## Managing Cancer And Living Meaningfully



## What is CALM?

A therapeutic approach for those diagnosed with advanced cancer.

Designed to alleviate distress, therapy focuses on four topics:

- (1) symptom management and communication with healthcare providers;
- (2) changes in self and relations with close others;
- (3) sense of meaning and purpose; and
- (4) the future and mortality.