



## Mind Body Program for Cancer

### Mind Body Programs at Massachusetts General Hospital *Reducing Stress and Enhancing Resiliency*

The **Mind Body Program for Cancer**, offered by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, is designed to supplement your medical treatment by giving you tools to cope with the stress of your illness, make informed choices about treatment, and maintain hope.

Over ten weekly two-hour sessions, this program will help you:

- Learn self-care techniques that help you maximize your health (through relaxation, nutrition, yoga, and cognitive therapy)
- Reduce stress and physical/emotional symptoms associated with cancer and its treatment
- Cope with and manage side effects of chemotherapy and radiation
- More actively participate in your health care
- Regain a sense of control, optimism, energy, and well-being

#### Elements of the Program Include:

- Lectures
- Self-care
- Group sharing
- Skills training
- Symptom monitoring

#### Leadership

Ann Webster, PhD is the Director of the Mind Body Program for Cancer and serves as the Benson-Henry Institute (BHI) Staff Psychotherapist. In addition to leading the Mind Body Program for Cancer, Dr. Webster provides individual psychotherapy, conducts research and provides training in both clinical and corporate settings. She earned her PhD degree in Health Psychology at Albert Einstein School of Medicine and has been worked with the BHI since 1987. For a complete biography, please visit our website at [www.massgeneral.org/bhi](http://www.massgeneral.org/bhi)

#### Enrollment

Pre-registration is required. To enroll, please call Ann Webster at **617-643-6038** or email her at [awebster3@partners.org](mailto:awebster3@partners.org)

The Mind Body Program for Cancer is billable to insurance and most insurers do cover the program.

