

# Montefiore-Einstein Cancer Center

Bringing together internationally renowned experts with the latest technologies and cutting edge research, the Montefiore-Einstein Cancer Center is renowned for its achievements in the diagnosis, treatment and prevention of cancer in all its forms. Our multidisciplinary teams of medical, surgical and radiation oncologists work together to provide each patient with the most effective, individualized treatment plan possible, while nurturing them throughout their fight with cancer. As a National Cancer Institute-designated center, our research efforts deliver innovative patient therapies and scientific discoveries to the world.

Montefiore Medical Center, the University Hospital and Academic Medical Center for the Albert Einstein College of Medicine, ranks among the top one percent of all U.S. hospitals for investments in medical innovation and technology. These investments allow Montefiore to provide compassionate, personalized care and the most positive outcomes for patients and their families in New York, the tri-state area and beyond. With distinguished centers of excellence in cardiology, cardiac surgery, cancer care, transplantation, children's health, women's health and surgery, Montefiore Medical Center provides family-centered healthcare in a nurturing environment that extends well beyond its walls.



## Who can access the Psychosocial Oncology Program?

Our services are available for recently diagnosed cancer patients, patients undergoing cancer treatment, those who are post-treatment, individuals at genetic risk for cancer, and spouses and family members of those with cancer.

**For more information  
on our services or to make  
an appointment, please call:  
718-430-2200**

**Alyson B. Moadel, PhD, Director**  
**email: [outreach@aecom.yu.edu](mailto:outreach@aecom.yu.edu)**



[www.montefiore.org/cancer](http://www.montefiore.org/cancer)

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MONTEFIORE



## Psychosocial Oncology Program at Montefiore

Support Services for the  
Mind, Body, and Spirit of  
those affected by Cancer

**Montefiore-Einstein  
Cancer Center**

The Psychosocial Oncology Program at Montefiore was designed to help patients and their families cope with the psychological and emotional effects of cancer and its treatment. Through education, supportive counseling and stress management techniques, patients and their families learn how to face the challenges of cancer with knowledge, support and hope.



## Services offered

Our counselors provide support and information to help people with cancer better cope with the stresses of the disease and its treatment. This program offers individual counseling and group workshops to patients, family members and medical staff.



### Individual Psychotherapy

One-on-one counseling is provided to cancer patients and their loved ones to help them cope with the emotional challenges of living with cancer and its treatment. Bereavement counseling is also available for those who have lost someone close to them. All psychotherapy sessions have sliding scale fees.

### Free Quality of Life Screening

Your quality of life is as important to us as your medical care, so we offer free screening of cancer patients and their family members to determine their physical, emotional and spiritual needs. We offer many programs to help you get all your needs met so let us know how you are doing. This screening program is part of a research study to improve quality of life among all those affected by cancer, and is sponsored by the Entertainment Industry Foundation.

### Yoga-Based Cancer Rehabilitation Program

Patients with breast, lung or colorectal cancer may be eligible to participate in the Yoga-Based Cancer Rehabilitation Program. The classes are free and taught by a certified instructor in English and Spanish. This program is part of a research study that examines the physical and psychological benefits of yoga among patients with cancer.

### Mind-Body Support Group Program

Patients receiving treatment for cancer face a variety of physical, emotional and spiritual challenges. The Mind-Body Support Group Program, a research study that examines the potential physical and emotional benefits of mind-body discussion and education, offers a choice of two types of free support groups: (a) a Stress Management Education Group, and (b) a Spiritual Support Group. Cancer patients on active treatment can choose the group that's right for them.

### B.O.L.D. Living Program

The **Breast Oncology Living Daily** (BOLD Living) Program offers a variety of support, educational, and mind-body workshops designed to empower and nurture breast cancer patients, survivors, and loved ones, but is open to all. Workshops feature dance fitness, nutrition, cancer prevention, creative arts and more! BOLD Living is sponsored by a grant from Komen Greater New York City.

### Meditation Stress-Management Program

This program for breast cancer survivors teaches relaxation skills and practices based on the use of meditation, visual imagery and breathing exercises to promote stress reduction and inner peace. It is funded by the Avon Foundation as part of a research study in collaboration with Cornell's Center for Complementary and Integrative Medicine to examine the benefits of meditation after breast cancer.

### Smoking Cessation

The Albert Einstein – Be Smart & Quit Smoking Program consists of 8 sessions and includes pharmacotherapy discussions, free nicotine replacement therapy, self-hypnosis and relaxation training, tips for breaking the habit and tools for conquering urges and temptations. Led by a trained psychosocial oncology counselor, the Quit Smoking Program is offered several times a year and is open to anyone. Participants pay \$50 to start the program and receive \$5 back for each session they attend (*up to \$40 reimbursement. Other financial arrangements available*).

*Programs are free or have sliding scale fees. Eligibility requirements for participation apply to some programs. All programs require pre-registration*