Evidence Based Behavioral Medicine Services for CANCER PATIENTS & SURVIVORS

Individual and Group Treatment Includes:

• Understanding of stress and immunity & techniques to manage stress
  • Relaxation strategies
• Behavioral ways to manage physical symptoms and treatment
• Interventions to increase social support and emotional coping
• Promoting optimal emotional and social adjustment to cancer diagnosis and treatment

Research demonstrates that behavioral medicine treatment for patients with cancer can:

* Improve Quality of Life * Decrease Negative Health Behaviors
* Improve Treatment Compliance
* Provide Physical Health Benefits including:
  Decrease anticipatory nausea, pain, fatigue and improve immune modulation

Dr. Michele Lyons is a clinical health psychologist and Certified Health Services Provider. Dr. Lyons integrates cognitive-behavioral therapy, stress management, relaxation training, guided imagery, clinical hypnosis, and bio-behavioral interventions to promote adaptive coping with cancer.

Dr. Lyons is also available to provide consultation and training to health care providers to optimize biomedical health of their patients.

Highly Recommended: The Institute of Medicine (2007) recommends that:
“All cancer care should ensure the provision of appropriate psychosocial health services by designing and implementing a plan that; Links the patient with needed psychosocial services. Coordinates biomedical and psychosocial care.”

For more information please visit IntegratedBehavioral.org or call 781-551-0999.