

# Integrated Care with Cancer Patients Using Expressive Arts

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# Outline



**Prevalence of Cancer**  
**Psychological Challenges**  
**Group Art Therapy**  
**Experiential**  
**Questions & Answers**



# Prevalence of Cancer



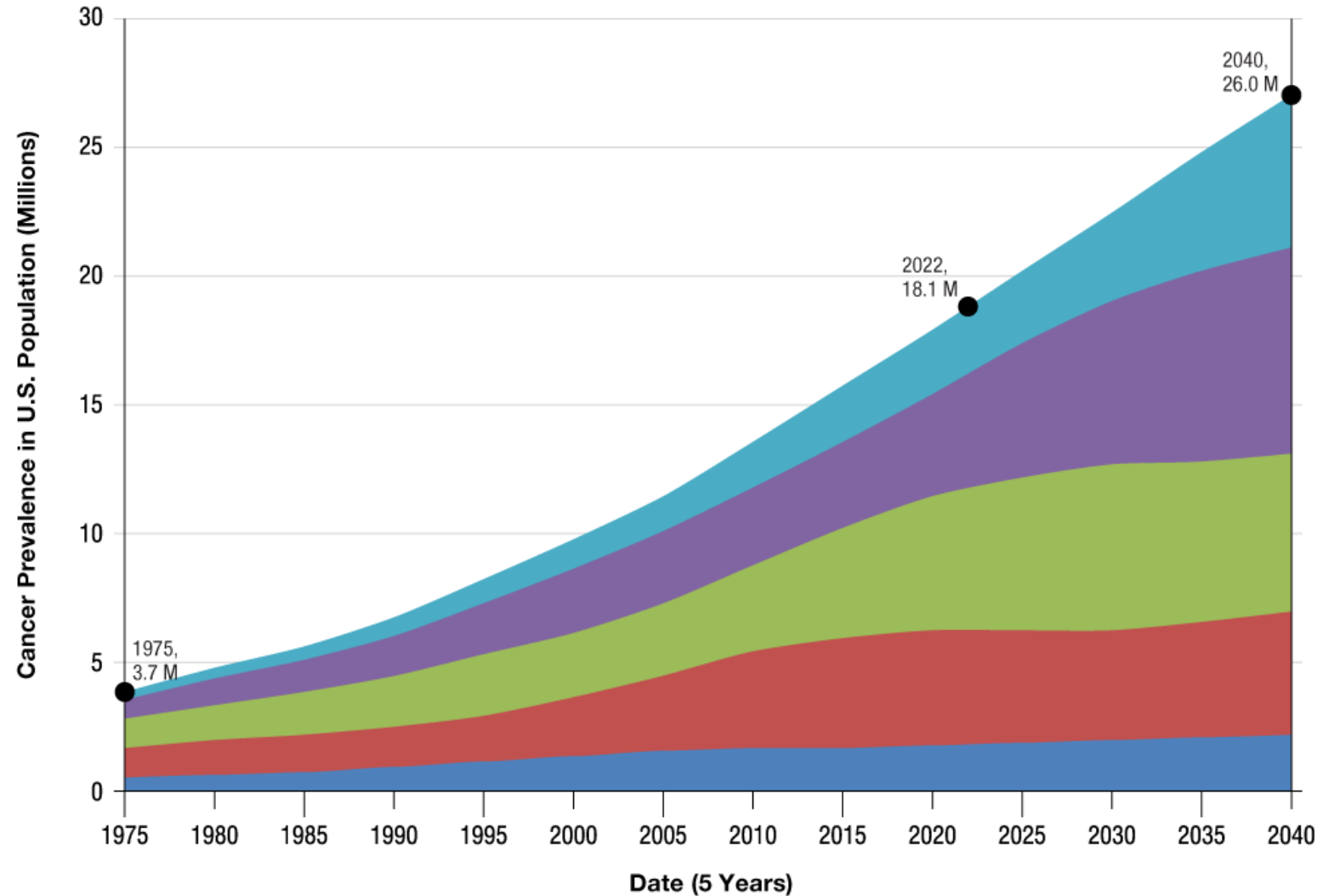


# Prevalence of Cancer

## REFERENCES:

Adapted from Bluethmann SM, Mariotto AB, Rowland JH. Anticipating the “Silver Tsunami”: Prevalence Trajectories and Comorbidity Burden among Older Cancer Survivors in the United States. *Cancer Epidemiol Biomarkers Prev.* 2016 Jul;25(7):1029-36.

Miller KD, Nogueira L, Devasia T, Mariotto AB, Yabroff KR, Jemal A, Kramer J and Siegel RL. Cancer Treatment and Survivorship Statistics. *CA A Cancer J Clin.* 2022.



## KEY

### Age



<50



50-64



65-74



75-84



85+

# Mental Health & Cancer



- Individuals with mental illnesses have higher age-adjusted mortality compared to the general population. Evidence from epidemiological studies indicates that pre-existing mental illnesses are associated with elevated cancer risk and poorer cancer outcomes compared with the general population.
- Literature has suggested this disparity can be attributed to lower utilization of preventative care, behavioral factors, greater likelihood of not adhering to or delaying cancer treatment, higher prevalence of cardiovascular- and metabolic-related comorbidities, and inadequate patient-physician interaction. However, more research is needed.
- Reference: NIH - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9989878/>

# Mental Health & Cancer



- Coping with diagnosis and stress engaging in medical system
- Making decisions, exacerbating thoughts and feelings
- Changes in physical self-regard
- Grief – loss of physical health, loss due to surgery
- Anxiety about the cancer coming back, what if?
- Anxiety about death and dying

# Mental Health & Cancer

Cancer survivors are more than twice as likely to have mental health challenges compared to adults without cancer. Even after recovering, their fight for health isn't over. "Anxiety is a persistent problem long after the cancer has been diagnosed," said Dr. Alex J. Mitchell. His research shows that even years after being declared "cancer-free," survivors are at a significantly increased risk for suicidal ideation.

Reference: National Alliance on Mental Illness





# Benefits of Group

Support groups bring together people with similar situations. In these groups, people can share their concerns and learn how others have coped. Support groups can help people deal with their feelings and side effects of treatment.

They may also help members make decisions by sharing what they have learned. Support groups might also help a person figure out how to deal family concerns or day to day issues like work and money concerns.



Reference: American Cancer Society

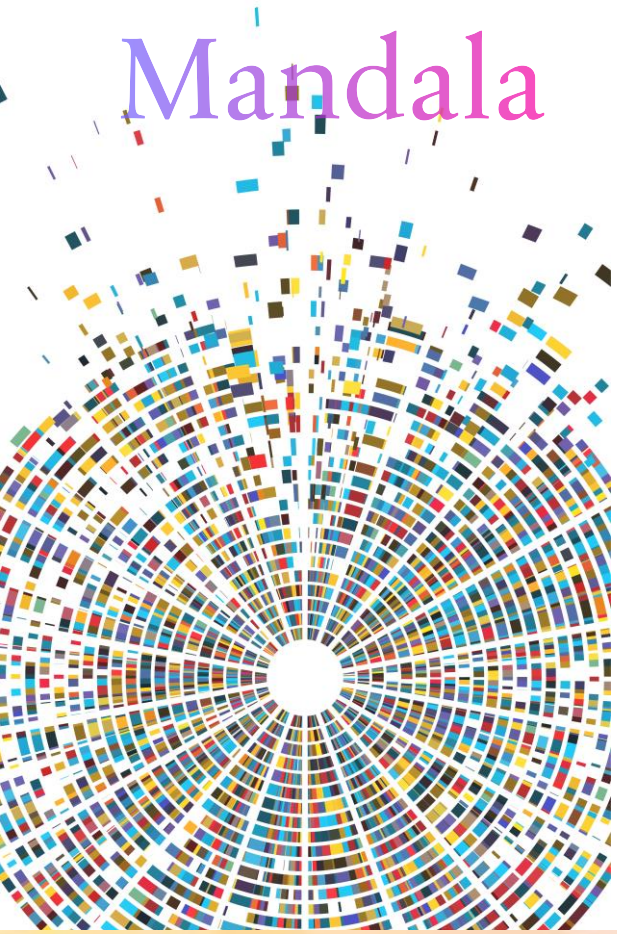




# Experiential Exercise

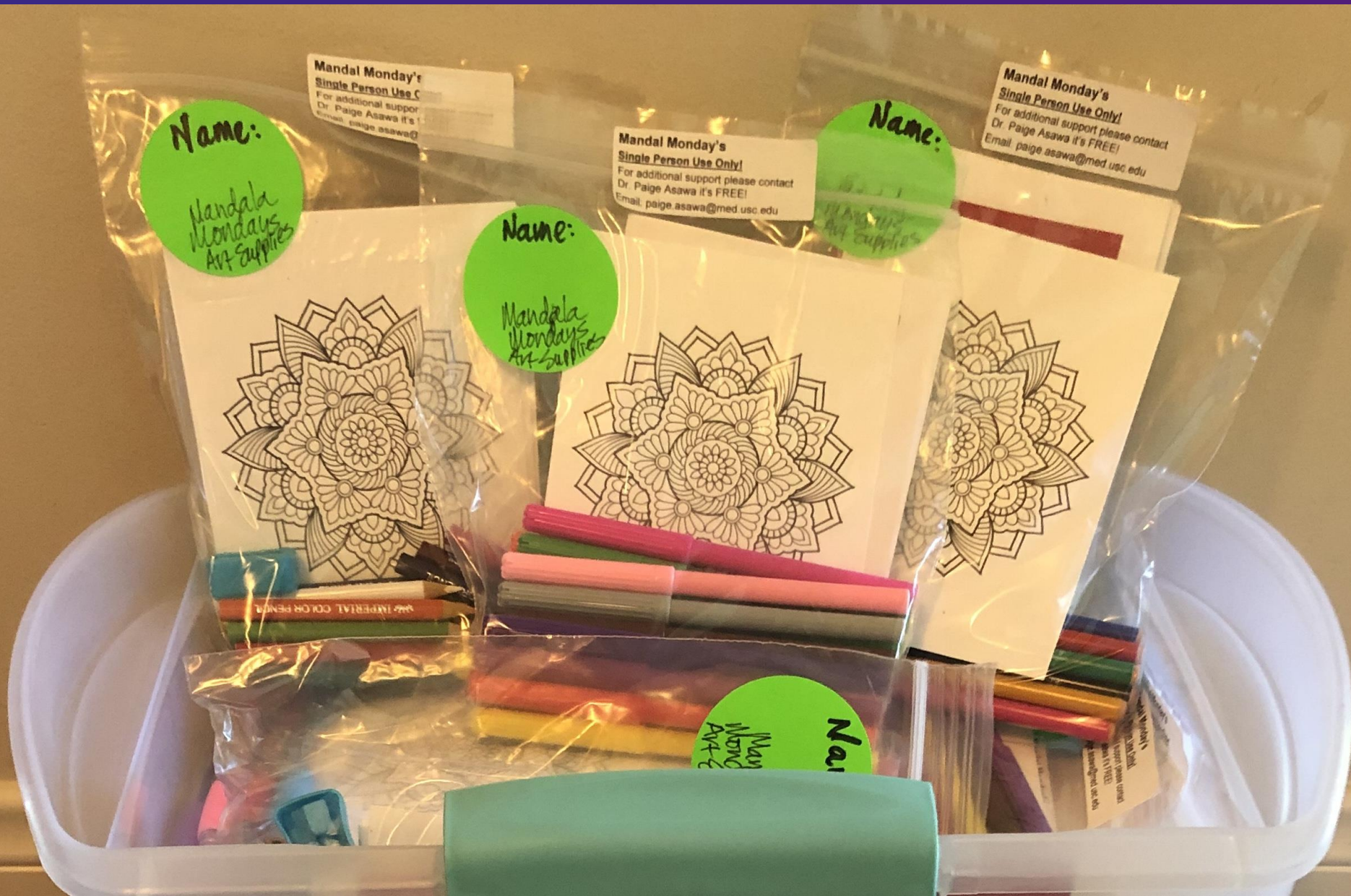


# Mandala



The word mandala itself simply means "circle" in Sanskrit. It is derived from the word 'madra' which means 'container of the essence'. Some have called it a sacred circle. There are three types of mandalas - sand mandalas, healing mandalas, and the teaching mandalas. Sand mandalas use crushed up pieces of colored stone, healing mandalas help calm the creator or viewer, and teaching mandalas are part of religious practices.





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Let's Make  
Mandalas



*Question & Answer*



# Resources:

- National Alliance on Mental Health
- National Institute of Mental Health
- National Cancer Institute
- American Cancer Society
- Cancer Support Community
- National Institutes of Health





**Thank you!**

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