

Surviving Cancer Competently Intervention Program Newly Diagnosed

(SCCIP-ND) is a manualized three-session intervention for parents and caregivers of children diagnosed with cancer. SCCIP-ND is an integrated cognitive behavioral and family systems intervention, designed to promote healthy family adjustment to pediatric cancer and treatment and to prevent cancer-related posttraumatic stress symptoms in family members. SCCIP-ND was based on research indicating the presence of symptoms of posttraumatic stress in childhood cancer survivors and their parents. The intervention is structured according to the following:

Session 1 helps caregivers identify their beliefs about cancer and discuss how beliefs influence feelings, behaviors, and family relationships.

Session 2 helps caregivers understand how adverse beliefs can impact family functioning and addresses the benefits of reframing beliefs to enhance their feelings, behaviors, and family relationships.

Session 3 engages caregivers in a guided discussion regarding the role of cancer in the family. The “Family Survival Roadmap” is used to help caregivers recognize their beliefs about the future and share beliefs with each other.

The intervention is based on four key therapeutic constructs that are integrated throughout each session: joining with the family; maintaining an interpersonal focus; normalizing the family’s experience; and focusing on the family’s strengths and growth. SCCIP-ND also utilizes the “Video Family Discussion Group” tool throughout the intervention as a virtual proxy for a supportive discussion with other caregivers of children with cancer.

Note: The SCCIP-ND implementation materials are also available for Spanish-speaking therapists and families.

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