

2025

# Psychopharmacology in Cancer Care

An Update for Clinicians  
of All Disciplines

Saturday, April 5  
8:30 AM—5:30 PM  
Virtual



Memorial Sloan Kettering  
Cancer Center



# Overview

Clinicians have numerous tools at their disposal to help adult cancer patients dealing with symptoms of depression, anxiety, and other cancer sequelae. **Psychiatric medications are most frequently prescribed to cancer patients by oncologists and general practitioners, however psychiatric syndromes are often underdiagnosed and undertreated.** Few oncology practices have dedicated psychiatric consultants familiar with the nuances of Psycho-Oncology. Even when patients receive psychotropic medications appropriately, they may have problems that arise before their next oncology visit or before they see the person who prescribed their psychiatric medications. Psychologists, nurses, and social workers play an essential role in identifying psychological and physical symptoms as well as both beneficial and problematic medication effects as they provide frontline psychosocial interventions and support for cancer patients.

This highly regarded annual course, co-sponsored by the **MSK Psycho-Oncology Education and Training Institute (POETI)**, is designed to support non-prescribing psycho-oncology clinicians and psychiatrists new to Psycho-pharmaco-oncology. Oncologists, palliative care providers, advanced practice nurses, and oncology nurses will also find it invaluable.

The program emphasizes **effective psychopharmacological interventions for key disorders and symptoms**, including anxiety, depression, delirium, sleep disturbances, pain, fatigue, and changes in weight or appetite. Expert faculty will provide updates on the **use of novel interventions** including ketamine, medical marijuana, and psilocybin for depression, anxiety, and pain. Additionally, the **vital role of clinical social work** in delivering psychosocial support will be examined.

Participants will gain skills to **recognize and differentiate psychological reactions** to medical conditions or treatments, **psychiatric manifestations** of medical conditions or treatments, and **medical presentations of psychiatric conditions**. We'll also explore common medical complications associated with psychiatric conditions or their treatments. Foundational knowledge will be provided about medications used to alleviate Quality-of-Life symptoms that arise in the cancer setting from diagnosis to survivorship or end-of-life care and the interface of psychotherapy and medication management.

We'll **review why certain medications are used and why some are avoided**, looking at potential benefits, unwanted side effects, and drug-drug interactions since you may be the first person to identify a serious adverse event. This program will enhance participants' ability to provide psychoeducation to patients regarding psychiatric medications.

Attendees will receive access to an **online syllabus after the course**, which will include select PDFs of the faculty presentations (slides) and recorded videos.

MSK's **Psycho-Oncology Education & Training Institute**, led by the Department of Psychiatry and Behavioral Sciences, pioneers psycho-oncology training for psychiatrists, psychologists, nurses, and social workers. CME courses, taught by MSK faculty, are open to both MSK and non-MSK providers.



**POETI**

MSK's Psycho-Oncology  
Education and Training Institute

## Learning Objectives

By attending this program, learners will be able to:

- Describe basic psycho-pharmaco-oncology principles for understanding and treating anxiety, depression and delirium in people with cancer.
- Discuss basic psycho-pharmaco-oncology principles for understanding and improving quality of life and psychiatric palliative care in people with cancer, including managing cognitive changes, insomnia, fatigue, poor appetite and weight loss, and pain.
- Identify the use of novel interventions including ketamine, medical marijuana, and psilocybin for depression, anxiety, and pain in people with cancer.

## Accreditation

The following continuing education credits will be offered:

- *AMA PRA Category 1 Credits™*
- ABIM MOC
- NYS Psychology Contact Hours\*

Applications for ANCC CNE and Social Work contact hours have been submitted.

\*Please note that not all states accept New York State contact hours. Please check with the licensing board in your state for guidance on their acceptance of the credit types offered for this course

## Course Director



### **Yesne Alici, MD**

Vice Chair for Clinical Operations; Clinical Director;  
Associate Attending Psychiatrist, Psychiatry Service,  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center

## Course Co-Director



### **William S. Breitbart, MD**

Attending Psychiatrist; Chair,  
Department of Psychiatry and Behavioral Sciences;  
Attending Psychiatrist, Supportive Care Service,  
Department of Medicine  
Memorial Sloan Kettering Cancer Center

## Course Faculty



### **Erik Bengtsen, MD**

Director of Clinical Operations, Manhattan Ambulatory  
Sites; Assistant Attending Psychiatrist, Psychiatry Service,  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center



### **Christian Bjerre Real, MD, MMCI, FAPA**

Founder and Psychiatrist, Alta Psychiatry PLLC;  
Clinical Assistant Professor, Department of Psychiatry  
NYU Grossman School of Medicine



**Natalie Moryl (Khojainova), MD**

Attending Physician, Supportive Care Service,  
Addiction Medicine, Department of Medicine  
Memorial Sloan Kettering Cancer Center



**Andrew Roth, MD**

Emeritus Attending Psychiatrist, Psychiatry Service,  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center



**Christine Wilkins, PhD**

Director, Department of Social Work  
Memorial Sloan Kettering Cancer Center

**Mitigation of Relevant Financial Relationships**

Memorial Sloan Kettering Cancer Center adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all financial relationships with ineligible companies (commercial interests). All relevant financial relationships have been mitigated prior to the commencement of the activity.



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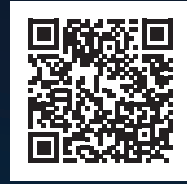
# Schedule

**Saturday, April 6, 2024**

8:25 AM	Attendee Zoom Login
8:30 AM	<b>Overview and Introduction</b> Yesne Alici, MD
8:45 AM	<b>Depressive Disorders</b> Andrew Roth, MD
9:30 AM	<b>Delirium</b> William S. Breitbart, MD
10:15 AM	Break
10:30 AM	<b>Anxiety Disorders</b> Andrew Roth, MD
11:15 AM	<b>Sleep Disorders</b> Yesne Alici, MD
12:00 PM	Lunch Break
1:00 PM	<b>Cancer-Related Fatigue</b> William S. Breitbart, MD
1:45 PM	<b>Pain</b> Natalie Moryl (Khojainova), MD
2:30 PM	<b>Weight and Appetite Loss</b> Yesne Alici, MD
3:00 PM	Break
3:15 PM	<b>Cancer and Cancer-Treatment Related Cognitive Changes</b> Yesne Alici, MD
3:45 PM	<b>Novel Psychopharmacologic Interventions in Oncology</b> Christian Bjerre Real, MD, MMCI, FAPA
4:15 PM	<b>Ketamine and Esketamine for Depression</b> Erik Bengtson, MD
4:45 PM	<b>Caring for the Whole Patient: The Role of Clinical Social Work in Psychosocial Support</b> Christine Wilkins, PhD
5:15 PM	<b>Closing Remarks</b> Yesne Alici, MD   William S. Breitbart, MD   Andrew Roth, MD
5:30 PM	Adjournment

Faculty will be available at the conclusion of each presentation for live Q&A with attendees. All times on the schedule are listed in Eastern Time (New York).

Register by scanning the QR code or visiting:  
**[msk.org/psychopharm](https://msk.org/psychopharm)**



### Registration Fees

Physicians (MDs, PhDs, and DOs)	<b>\$200</b>
Residents, Fellows, Advanced Practice Providers, Nurses, Psychologists, Social Workers, Counselors, and Other Healthcare Providers	<b>\$125</b>
Industry Professionals*	<b>\$350</b>
MSK Employees	<b>Complimentary</b>

Discounted registration is available for specific groups. If eligible, you will receive further instructions and a promotion code to use during registration.

\*An “industry professional” is defined as any individual, regardless of their profession type (such as MDs, PhDs, APPs, RNs, etc.) that is employed by an ineligible company.

For additional information, including our cancellation terms, visit:  
**[msk.org/psychopharm](https://msk.org/psychopharm)**

*The topics and presenters were excellent. I have a better understanding of the benefits of pharmacologic interventions AND the reasons why. That understanding is empowering.*

*The breadth and wealth of information provided during this one-day virtual symposium is truly invaluable and practice enhancing.*



# Accreditation

Memorial Sloan Kettering Cancer Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## AMA Credit Designation Statement

Memorial Sloan Kettering Cancer Center designates this live activity for a maximum of **7.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## ABIM MOC Recognition Statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **7.50 MOC points** in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## Continuing Education for Licensed Psychologists in New York State\*

This presentation is approved for a maximum of **7.50 Continuing Education Contact Hours of Live Training**. Memorial Sloan Kettering Cancer Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0228.

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