

COUNSELING SKILLS IN CANCER AND PALLIATIVE CARE

A BLENDED LEARNING PROGRAM

July - December

Bangalore Hospice Trust- Karunashraya Institute for
Palliative Care Education and Research, Bangalore
and Kasturba Medical College, Manipal
Endorsed by International Psycho-Oncology Society (IPOS)



COURSE PROSPECTUS

What is the relevance of this course?

Counselling is an integral part of holistic cancer care. Patients and their families experience tremendous stress while dealing with cancer and its treatment. Throughout the cancer trajectory, be it the initial diagnosis, treatment, survivorship, end-of-life, or bereavement, patients and their family members experience distress in multiple domains. Distress also amplifies pain and other physical symptoms thereby impacting their quality of life. Counselling helps in alleviating the distress by managing the psycho-socio-spiritual concerns. Training for counselling in oncology and palliative care is not routinely addressed in regular psychology programs. This certificate course offers a unique opportunity for psychologists and social workers to enhance their counselling skills while dealing with complex psycho-social issues affecting persons with cancer and their families.

Who should take this course?

This course will provide opportunity for psychologists and social workers to increase their knowledge and improve their skills in identifying, assessing, and managing psychological, social and spiritual concerns, and implement evidence-based counselling practices in oncology and palliative care. Trainees will develop comprehensive skill sets that will improve their ability to identify and address distress among cancer patients and their caregivers, improve competencies in basic and difficult communication, and manage end-of-life and survivorship concerns.

Applicant qualifications:

M.Phil/Ph.D in Psycho-oncology/Clinical Psychology/Social Work/Masters in Psychology/Medical Social Work/Psychiatric Social Work/Bachelors (Honors) in Psychology with relevant experience in oncology /palliative care

What are the course highlights?

- A 6-month (24 weeks) blended learning program with 6 modules administered through LoveMySkool a learning management software.
- Self-paced reading, virtual skill-based practice classes, 80 hours of online lectures, with mandatory 5-day onsite interactive sessions at Bangalore Hospice Trust – Karunashraya, Bangalore
- Each module facilitated by experts in the field of oncology, palliative care, and psycho-oncology
- Formative and summative assessments throughout the modules, and a final 3-hour theory and 2-hour practical examination at the end of 24 weeks

What are the modules covered in the course?

MODULE 1: Basics of Palliative Care & Psychosocial Aspects

MODULE 2: Basics of Communication

MODULE 3: Assessment and Management of Psychological Issues in Cancer and Palliative Care

MODULE 4: Advanced Communication Skills in Cancer and Palliative Care

MODULE 5: Death and Dying: Issues and Management

MODULE 6: Interventions for Caregivers and Healthcare Providers

How is the course organized?

- Online teaching every **Wednesday 18:30 - 20:00 IST, Saturday 14:00 - 16:00 IST**
- Self paced learning for a total of 3.5 hours per week for achieving learning outcomes
- Mandatory 5-day interactive in-person sessions at Karunashraya Institute for Palliative Care Education and Research, Bangalore Hospice Trust - Karunashraya, Bengaluru, India.
- The in-person sessions are designed to support learning through role plays, workshops, small group discussions, and peer learning. It will also provide an opportunity for networking with course facilitators and other trainees.

Attendance:

- Attendance for all sessions is mandatory and monitored through the Learning Management Software
- A minimum attendance of 80% would be required to complete this course
- **Inability to attend must be notified via email two days in advance to kipcer_ccpc@karunashraya.org**

Assessment:

- Pre-test and post-test assessment at end of each module
- 5 assignments throughout the Course
- Final examination: theory and practical examination and case reflection

Certification:

This program is jointly certified by Bangalore Hospice Trust- Karunashraya Institute for Palliative Care Education and Research, Bangalore, Manipal Hospice and Respite Centre, and Kasturba Medical College, Manipal. Endorsed by International Psycho-Oncology Society

Registration Process:

Course Fee:

- **Indian citizens INR 30,000 (inclusive of GST) and for Foreign citizens USD 1000**
- **Those candidates interested in the course from LMIC's other than India**, please write to us on kipcer_ccpc@karunashraya.org to get details regarding the equivalent course fee.

Application:

- Application typically open during the months of **March-April**.
- Selected applicants are contacted during the month of **May**.



Course Facilitators



Dr. Seema R Rao

Course Director

Director,
Manipal Hospice and
Respite Centre MAHE,
Manipal



Ms. Michelle Normen

Course Director and Course Coordinator

Psycho-oncologist & Lead - Counselling Services,
Karunashraya Institute for Palliative Care
Education and Research
Bangalore Hospice Trust-Karunashraya,
Bengaluru



Dr. Sravanthi Maya

Course Director

Psycho-oncologist,
Health and Counseling Psychologist
Founder: The Raft, Counselling and
Psycho-social support practice

About Bangalore Hospice Trust (BHT) – Karunashraya

Bangalore Hospice Trust (BHT) – Karunashraya was instituted in 1994 and is a joint project of Indian Cancer Society (Karnataka Chapter) and Rotary Bangalore, Indiranagar. Karunashraya (literally meaning 'abode of compassion') is a 73 bedded in-patient facility in Bangalore, India which provides free professional palliative care services to patients with advanced stage cancer. The mission is to provide compassionate palliative care for people with life limiting illness and for those important to them, through quality medical, emotional, spiritual and social support both at the hospice and at home. From 1999, till date the hospice has looked after about 21,000 in-patients in the hospice. Karunashraya also has the distinction of being the first hospice in India to provide free home-care for terminally ill cancer patients. Since the launch of home care services in 1994, we have cared for more than 5000 patients, and have around 50+ patients under our care at any point of time. With our home care services being highly sought after, we have deployed multiple teams who travel throughout the city to provide home care services. The most recent endeavor is the establishment of the Karunashraya Institute of Palliative Care Education and Research (KIPCEr), which is an integral part of Bangalore Hospice Trust - Karunashraya. The mission of this entity is to increase awareness and knowledge about palliative care among healthcare professionals and public alike. KIPCEr is our new venture to share the accumulated knowledge and experience of the last 27 years with all.

For further details, please visit: <https://karunashraya.org/>

About Kasturba Medical College, Manipal Academy of Higher Education (MAHE), Manipal

Manipal, popularly known as an international university town, began with the establishment of Kasturba Medical College, Manipal, in 1953. It was the first self-financing medical college in the private sector in India, established in a barren hillock that has turned itself to be a green environmental town, with all modern amenities conducive to student learning. Today, Kasturba Medical College, Manipal, is a name synonymous with quality medical education that attracts people from India and other countries of the world. The college has consistently been ranked among the top ten medical colleges in the country. Students from over 30 countries graduate from college every year, and the degrees are recognised worldwide.

The Department of Palliative Medicine and Supportive Care at Kasturba Medical College, Manipal is the fourth department in the country and the first department in a private medical college in India to offer MD Palliative Medicine training. It is one of India's five institutes recognised by the European Society of Medical Oncology (ESMO) as the designated centre for Integrated Oncology and Palliative Care. The Department of Palliative Medicine and Supportive Care is a stand-alone clinical department. It aims to relieve symptoms and improve patients' quality of life and their families facing serious life-threatening or life-limiting illnesses like cancer, neurodegenerative disorders and end-stage organ impairment.

For further details, please visit: <https://manipal.edu/kmc-manipal/about-kmc.html>

About Manipal Hospice and Respite Care Centre

The Manipal Hospice and Respite Care Centre, or MHRC, is a pioneering initiative committed to providing high-quality palliative, end-of-life care, and respite care to individuals with life-limiting illnesses. Embedded within the Manipal Academy of Higher Education (MAHE) ecosystem, our Centre integrates clinical excellence, interdisciplinary education, psychosocial support, and ethical stewardship in the care of patients and their families.

The 12-acre green campus is located along the banks of the Swarna River, within 5 kms of the Kasturba Medical College and the Kasturba Hospital, Manipal, and is supported by the Indian Association of Palliative Care. We are strategically placed to offer socially impactful and comprehensive care, complete with a team of physicians, nurses, psychologists, social workers and more. We are the only hospice in India affiliated with both a medical college and a tertiary hospital, thereby providing highly trained caregivers and research-enriched caregiving.

Our core philosophy is rooted in person-centered care that prioritizes dignity, comfort, and holistic well-being. We strive to uphold the principles of equity, compassion, and evidence-based practice in all dimensions of service delivery. In keeping with our philosophy of inclusion and empathy, all our services are currently free of cost to patients and families battling life-limiting conditions.

For further details, please visit: <https://www.manipal.edu/mu/campus-life/mhrc.html>

About International Psycho-Oncology Society

The International Psycho-Oncology Society (IPOS) is a global organization dedicated to advancing the psychosocial care of individuals affected by cancer, including patients, families, and caregivers. Established in 1984, IPOS emphasizes the importance of integrating psychological, social, and behavioral aspects into oncology care, recognizing that these are critical to improving patients' quality of life and treatment outcomes. Through its activities, IPOS serves as a hub for education, research, and advocacy in psycho-oncology. It collaborates with healthcare professionals, researchers, and policymakers to enhance awareness and implement evidence-based psychosocial interventions.

A key initiative of IPOS is its endorsement of training programs, which reflects its commitment to capacity building and professional development in psycho-oncology. Endorsement by IPOS signifies that a program meets rigorous international standards for psychosocial care education. These endorsed programs are designed to enhance participants' knowledge and skills in areas such as communication, emotional support, coping strategies, and cultural competence. By endorsing training initiatives, IPOS ensures that healthcare professionals are equipped to address the complex psychosocial challenges faced by oncology patients and their families.

For further details, please visit: <https://www.ipos-society.org/>



For details contact:



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