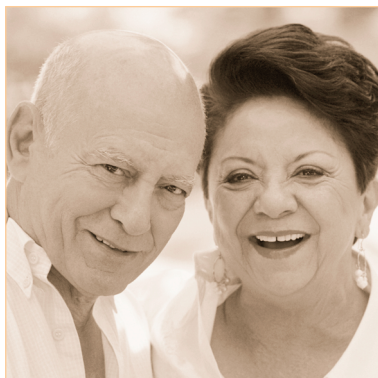


# COURTELIS CENTER FOR PSYCHOSOCIAL ONCOLOGY

AT UM/SYLVESTER



**UMSylvester**  
Comprehensive Cancer Center

# **W** *HAT IS THE PURPOSE OF THIS BROCHURE?*

We created this brochure for patients receiving care at the University of Miami Sylvester Comprehensive Cancer Center and their families and friends.

This brochure provides information about services offered through the Courtelis Center for Psychosocial Oncology to address the physical, emotional, social, and spiritual needs important to health and well-being.\*

\*While this brochure speaks specifically about cancer, the services are available to non-cancer patients as well.

## **WHAT IS THE COURTELIS CENTER?**

The Courtelis Center is dedicated to the study of the mind-body relationship and its impact on health, disease, prevention, and recovery.

Established in 1995 through the generosity and fundraising effort of the Courtelis family, the center provides multi-specialty psychosocial treatment and support to UM/Sylvester cancer patients.

In addition to providing treatment, professionals from a variety of disciplines conduct research at the Courtelis Center to better understand the mind-body connection and its effect on cancer treatment outcomes. Here, patients can participate in clinical trials to determine how complementary therapies can contribute to the prevention of cancer, affect recurrence, and even play a role in battling disease.

## **WHAT SERVICES DOES THE COURTELIS CENTER OFFER?**

The Courtelis Center's *multi-specialty* care team takes a broad and inclusive approach to healing by incorporating the physical, emotional, social and spiritual aspects of a patient's well-being into his/her treatment. A variety of psychosocial oncology specialists work in consultation and collaboration with your oncologist to assist you in coping with cancer. The team includes psychiatrists, psychologists, acupuncturists, psychiatric nurse practitioners, pastoral counselors, and social workers.

## **HOW CAN COMPLEMENTARY TREATMENT IMPROVE QUALITY OF LIFE?**

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Medical studies indicate emotional well-being and positive expectations enhance your body's ability to fight disease and recover your health. By facing your medical problems with hope and determination, you will have a greater chance for successful living each day of your life. Our goal at the Courtelis Center is to provide patients with the most advanced psychosocial treatment and support available, and to help you take control of your illness as well as its consequences. We can help you use your body's own healing power to maximize your treatment responses and increase your quality of life.

## **ARE SPECIALIZED COUNSELING SERVICES AVAILABLE?**

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The Courtelis Center offers both individual and family counseling provided by psychiatrists, psychologists, social workers, and psychiatric nurse practitioners. Individual counseling can help you manage emotional distress and deal with special concerns caused by cancer and its treatment including communicating cancer issues with children and other family members, and coping with your treatment regiment. If necessary, a psychiatrist is available to work with you to prescribe medications that may be helpful in reducing anxiety, depression, insomnia, and assisting with pain management, and to ensure these medications are used in harmony with your other treatments.

Family therapy can help restore the balance at home, and help the family adjust to changes in daily life. Patients with strong social support from family, friends, and peers are inclined to be more positive, have positive or hopeful expectations about recovery, and survive longer.

## **DO YOU OFFER PASTORAL CARE AND COUNSELING OR IS THERE A CHAPLAIN OR OTHER SPIRITUAL ADVISOR AVAILABLE?**

Research shows that spiritual or religious beliefs and practices promote a positive mental attitude that may help a patient feel better and recover more quickly and easily.

Pastoral care and counseling services at UM/Sylvester are non-denominational and independent of religious affiliation. It is not necessary to belong to a congregation or even consider yourself religious to consult a chaplain. We will gladly visit you or your loved one in the hospital and/or during an outpatient appointment at UM/Sylvester.

## **CAN YOU HELP OUR FAMILY ACCESS COMMUNITY SERVICES?**

Our clinical social workers can facilitate your adjustment to illness and provide supportive counseling for patients and families during hospitalizations. We also provide case management activities including referrals to community services and discharge planning. Our social workers also can assist families in accessing palliative care and referrals to hospice.

## **WHAT OTHER COMPLEMENTARY SERVICES ARE AVAILABLE AT UM/SYLVESTER?**

Research and clinical experience has demonstrated acupuncture to be an effective treatment and co-treatment for a variety of health problems including cancer. Acupuncture can offer complementary treatment for pain management, control chemotherapy side effects, and maximize energy flow.

Through training in relaxation, meditation, imagery, and self-hypnosis, you can learn how to achieve calmness and reduce pain. Over time, these therapies help you recover energy and enthusiasm for a renewed positive feeling. Relaxation and guided imagery also can strengthen your body's immune system.

The Courtelis Center can refer patients to nutritionists and registered dietitians to do customized counseling to promote optimum wellness.

### **DOES UM/SYLVESTER HOST SUPPORT GROUPS OR CANCER INFORMATION CLASSES?**

Patients, family members, and friends can join others to share their experience with cancer through UM/Sylvester's support groups and educational classes. These activities can assist you in handling the physical and emotional stress of medical and surgical treatment, maximize your treatment responses, and improve your quality of life.

Groups and classes usually are convened at UM/Sylvester in Miami or UM/Sylvester at Deerfield Beach, and are for patients and caregivers of patients with specific types of cancers. For more information about support groups, please contact 305-243-4129. To sign up for an educational class, please call 305-243-1000 or 1-800-545-2292.

### **HOW DO I KNOW WHICH SERVICES WOULD BE MOST BENEFICIAL TO ME AND MY FAMILY?**

The Courtelis Center team will begin by reviewing your current overall health, specific diagnosis, prescribed treatments, and your response to those treatments. We'll consult with your oncologist and gather details about your emotional status, existing coping skills, demands from family and work, and your existing support systems. All this information will be used to develop a personalized treatment program tailored to fit your individual needs.

## **HOW DO I ACCESS SERVICES AT THE COURTELIS CENTER?**

For more information about services described in this brochure or to speak with a social worker, call the Courtelis Center for Psychosocial Oncology at 305-243-4129 or 305-243-4273.

**To speak with a member of the multi-specialty care team, call the Courtelis Center for Psychosocial Oncology at 305-243-4129.**

**To learn more about UM/Sylvester, call the information line at 1-800-545-2292 or 305-243-1000, or visit [www.sylvester.org](http://www.sylvester.org).**

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SCHOOL OF MEDICINE  
UNIVERSITY OF MIAMI

### **UM/Sylvester Comprehensive Cancer Center**

**1475 N.W. 12th Avenue  
Miami, Florida 33136  
305-243-1000  
1-800-545-2292**

### **UM/Sylvester at Deerfield Beach**

**1192 East Newport Center Drive  
Suite 100  
Deerfield Beach, Florida 33442  
1-800-545-2292**

**[www.sylvester.org](http://www.sylvester.org)**