

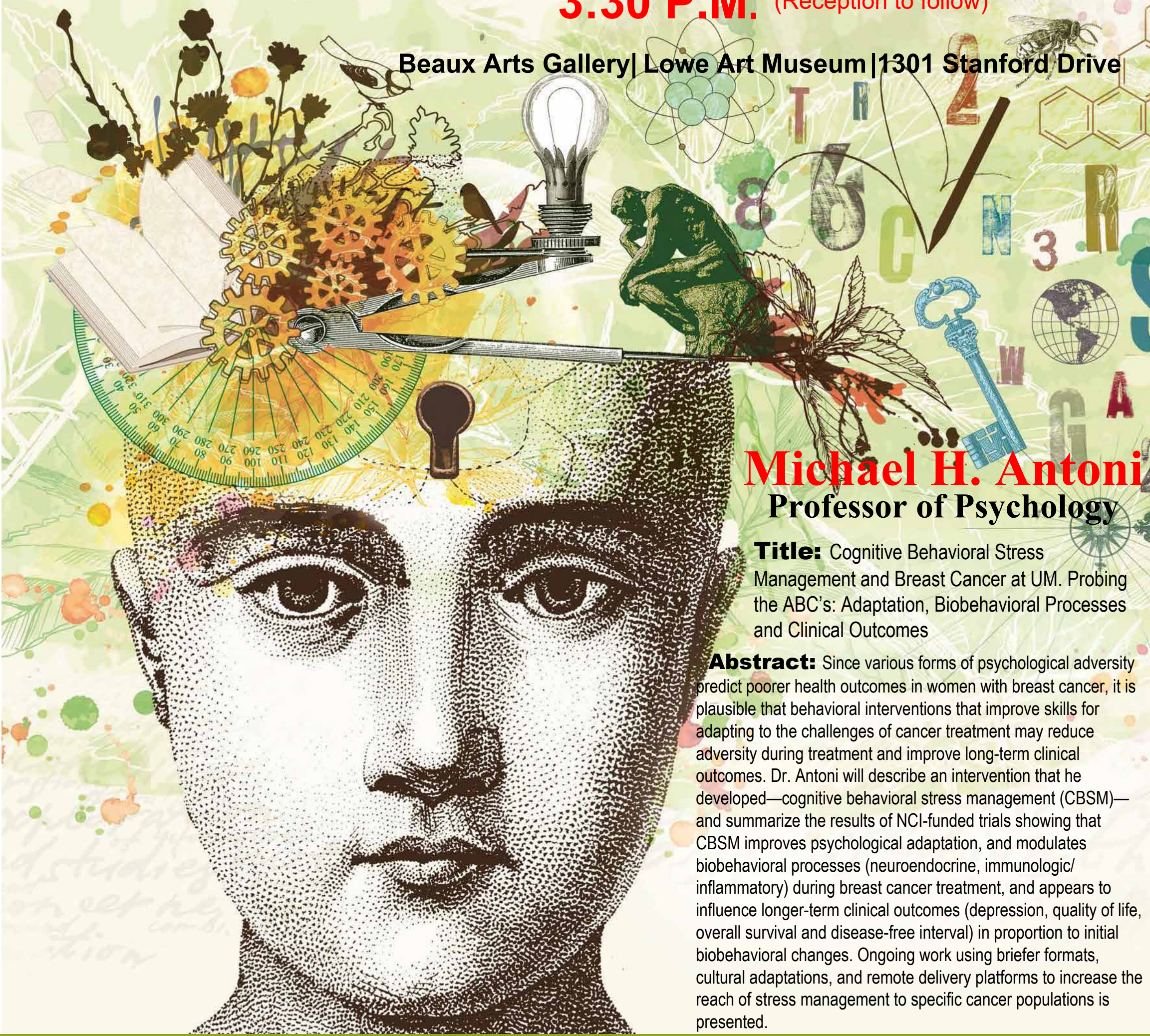
# Cooper Fellow

## LECTURE SERIES

Thursday, November 29, 2018

3:30 P.M. (Reception to follow)

Beaux Arts Gallery | Lowe Art Museum | 1301 Stanford Drive



**Michael H. Antoni**  
Professor of Psychology

**Title:** Cognitive Behavioral Stress Management and Breast Cancer at UM. Probing the ABC's: Adaptation, Biobehavioral Processes and Clinical Outcomes

**Abstract:** Since various forms of psychological adversity predict poorer health outcomes in women with breast cancer, it is plausible that behavioral interventions that improve skills for adapting to the challenges of cancer treatment may reduce adversity during treatment and improve long-term clinical outcomes. Dr. Antoni will describe an intervention that he developed—cognitive behavioral stress management (CBSM)—and summarize the results of NCI-funded trials showing that CBSM improves psychological adaptation, and modulates biobehavioral processes (neuroendocrine, immunologic/inflammatory) during breast cancer treatment, and appears to influence longer-term clinical outcomes (depression, quality of life, overall survival and disease-free interval) in proportion to initial biobehavioral changes. Ongoing work using briefer formats, cultural adaptations, and remote delivery platforms to increase the reach of stress management to specific cancer populations is presented.

UNIVERSITY OF MIAMI

COLLEGE of  
ARTS & SCIENCES



Cooper Fellows Lectures are free and open to the public. Parking is available in the Pavia garage. For more information, contact Rose Glemaud at 305-284-4021; rglemaud@miami.edu.

WWW.AS.MIAMI.EDU/LECTURES

Fall 2018