

# Palliative Care & Clinical Trials and Pharmacovigilance

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## Self-care in palliative medicine: The pathways model

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The major challenge for human health in the 21st century is chronic diseases and chronic conditions. This is a global problem, burdening health care systems and economies worldwide. Factors contributing to the increase in chronic illness worldwide are aging populations, rapid urbanization, and the globalization of unhealthy lifestyles.

Palliative medicine provides interventions offering relief from pain and suffering caused by chronic conditions that are not amenable to cure. The Pathways Model, developed by McGrady and Moss (2013, 2018) is a specific model for combining patient-directed behavior change, skills acquisition, and the use of community resources, with professionally administered treatment, to reduce suffering, manage illness, and optimize *mind body spirit* wellness.


This presentation will introduce the Pathways Model and emphasize teaching self-care and self-regulation skills ranging

from mindfulness, to guided imagery, to self-hypnosis, to heart rate variability training. The presenter will provide case narratives to show the clinical benefit of regular use of self-care strategies for patients with cancer, systemic lupus erythematosus, and other chronic conditions.

### Speaker Biography

Donald Moss is a Dean of the College of Integrative Medicine and Health Sciences at Saybrook University. He is a president of the Society of Clinical and Experimental Hypnosis (SCEH) and has been president of Division 30 (hypnosis) of the American Psychological Association and the Association for Applied Psychophysiology and Biofeedback (AAPB). He is a fellow of APA, SCEH and AAPB, he is a current delegate to both APA's Council of Representatives and the Council of Delegates for the International Society for Hypnosis. He is a member of the board of BCIA and serves as the ethics chair and international certification chair for BCIA.

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