



Psycho-Oncology First Aid (POFA)

Empowering Every Heart in the Journey of Cancer

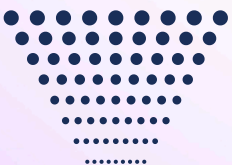
A ripple of hope begins with understanding. The Texas School of Mental Health presents Psycho-Oncology First Aid (POFA); an initiative dedicated to fostering awareness and building capacity in psycho-oncology, illuminating the psychological and emotional dimensions of cancer. United in care, we empower every voice touched by cancer to heal and thrive, together.



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Psycho-Oncology First Aid (POFA)

Cancer is not only a medical condition but also a profound emotional and psychological journey. Its impact extends beyond the patient, touching the lives of family members, caregivers, social volunteers, healthcare professionals, and even mental health experts and policymakers. The Psycho-Oncology First Aid (POFA) Initiative has been designed to reach all these stakeholders by offering self-paced, online, and interactive training programs. These programs equip individuals with the knowledge and skills to understand, address, and manage the diverse mental health challenges associated with cancer, fostering resilience, compassion, and holistic well-being across the entire circle of care.

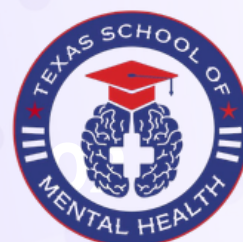


**Family
Members &
Caregivers**

**Cancer
Patient**

**Social
Workers &
Policy Makers**

**Healthcare
Professionals**



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Psycho-Oncology First Aid (POFA)

POFA Services

The Psycho-Oncology First Aid initiative offers a range of targeted training programs, tailored to specific issues and stakeholder groups, covering all stages of the cancer journey. These programs empower each participant with a deep understanding of the psychological and emotional dimensions of cancer care, with the ultimate goal of enhancing the quality of life for everyone.

1 Cancer Patients

Fear of the Unknown
ChemoBrain
Body Image & Relationship Coping
Existential, Meaning Making
Dignity & Survivorship

3 Healthcare Professionals

Stress and Compassion Fatigue
Fear of Medical Errors
Communication in Cancer care
Morality & Ethical Considerations

5 Issue Based Training

Onco-Nutrition
Onco-Yoga
Onco-Genetics
Women Specific Cancer Issues
Addiction Specific Cancer Issues
Pediatric Cancer Issues
Palliative Care
Spiritual Interventions

2 Family Members & Caregivers

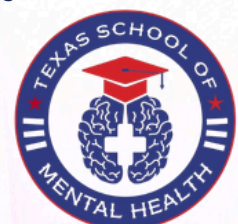
Caregiver's Burnout Management
Role Strain Management
Social Isolation & Loneliness
Management
Grief and Anticipatory Mourning
Sleep Disturbances and Insomnia

4 Social Workers/Volunteers

Compassion Fatigue & Burnout
Managing Hopelessness and
Helplessness
Introduction to Psycho-oncology
Advocacy & Policy Making
Vicarious Trauma

Features

- Online Self Paced Training
- Real Case Study Based Learning
- Assessment Tools & Techniques
- Experienced Professional Faculties From Diverse Background
- Demographic, Ethnicity and Culture-Specific Modules
- Personalized Learning Pathways for Individual Needs



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How to Get Involved

- ▶ Become a Strategic Partner
- ▶ Become a Volunteer
- ▶ Become a Trainer



About TSMH

Texas School of Mental Health (TSMH), formed in 2019 in the United States, has a visionary commitment to 'working towards Mental Fitness'. The TSMH offers a range of services, including a finishing school with issue-based professional mental health training programs on oncology, menopause, obesity, pregnancy and screen obsession, a dedicated center for mental fitness, and a focus on research and the innovative use of technology. Committed to excellence and compassionate care, TSMH has expanded its operation from US to UAE, and India. Our mission is to empower professionals who will transform lives and promote lasting mental fitness worldwide.

Other Initiatives

- ▶ PG Diploma in Psycho-Oncology
- ▶ Fundamentals of Psycho-Oncology
- ▶ Center for Psycho-Oncology
- ▶ 'C Positive' - Lets Be C Positive
- ▶ C Positive Awards



CPD Accredited



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