

PANTONE 108 C

*Meaning-making through  
Photovoice: An Online Group  
Intervention for Young Adults  
with Cancer*

Danielle Peterson, LCSW  
University of Saint Francis  
Jen Currin-McCulloch, PhD  
Colorado State University



Hello!



Name

Setting

What movie would you watch, or what book would you read, over and over again?

## *Learning Objectives*

Identify several unique psychosocial needs of young adults facing a life-limiting illness such as cancer.

Describe how sharing visuals and stories, within a facilitated group, fosters connection and empowers marginalized populations to exchange feelings, attitudes, and challenges.

Gather practical strategies for implementing an online photovoice group intervention with populations such as young adults or those with life-limiting medical conditions.



# Key Research

Viktor Frankl (1946)  
Logotherapy

1

Wang & Burris (1997)  
Photovoice

3

Beaupin et al. (2019)  
Photographs of  
Meaning

5

Unique  
psychosocial needs  
of young adults  
with cancer

2

Breitbart (2014)  
Meaning - centered  
Psychotherapy

4

Through the Lens

6



# Meaning-centered Psychotherapy

Focuses on identity, sources of meaning, life's legacy, and life's limitations

- ✗ Empirically supported manualized intervention for those with advanced cancer
- ✗ Individual and group settings
- ✗ Reduces psychological distress



Breitbart et al. (2014)

# Photovoice

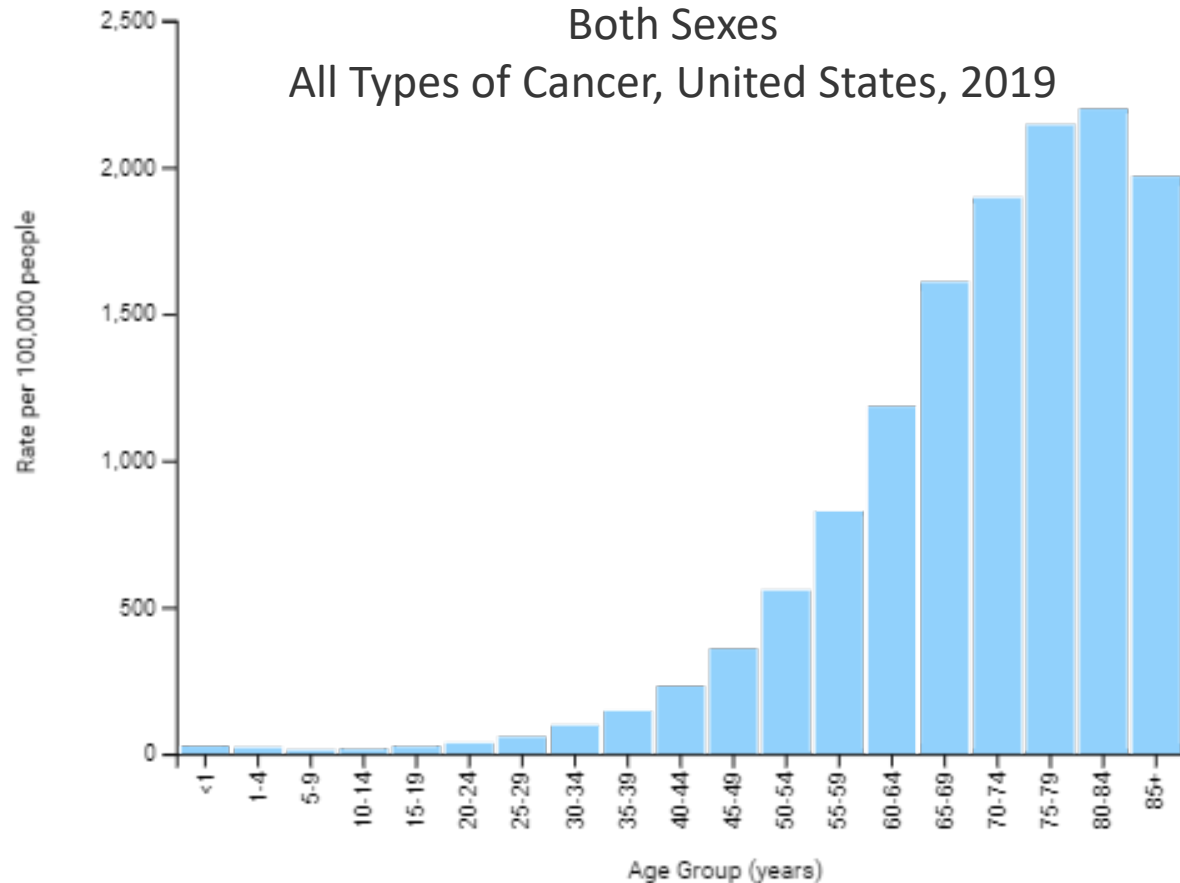
- X Origins
- X Main goals
  - X “to enable people to record and reflect their community's strengths and concerns,
  - X to promote critical dialogue and knowledge about important issues through large and small group discussion on photographs
  - X to reach policymakers” (p. 369).

Wang & Burris (1997)



# Rate of New Cancers By Age Group (years), All Races and Ethnicities, Both Sexes

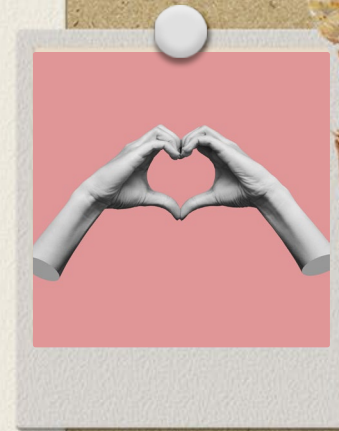
## All Types of Cancer, United States, 2019



Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2022.

# *Young Adults and Cancer*

- X Adult treatment settings
- X Disruption of developmental milestones
- X Stigma i.e. “untimely”
- X Limited utilization of support services



Bellizi et al. (2012); Wilder Smith (2013); Zebrack et al. (2013)



## *Through the Lens*

- ✗ IRB- Sparc grant through IASWG
- ✗ Recruitment techniques
- ✗ Dates of groups
- ✗ Acceptability and feasibility study
- ✗ Manuscript submission (Journal of Social Work with Groups)
- ✗ Manual creation



## *Weekly Themes*

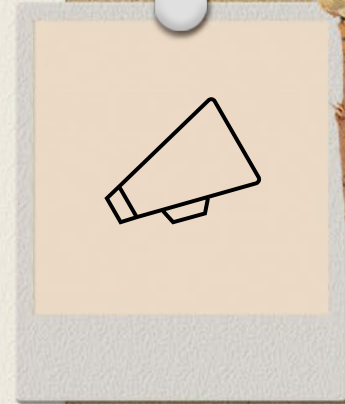
- ✗ All About Me
- ✗ My Life with Cancer
- ✗ What I Value in Life
- ✗ My Identity
- ✗ Honoring My Accomplishments
- ✗ Fostering My Resilience
- ✗ Creating My Legacy
- ✗ Finding Hope in Uncertainty



## Photo Exhibit (Optional)

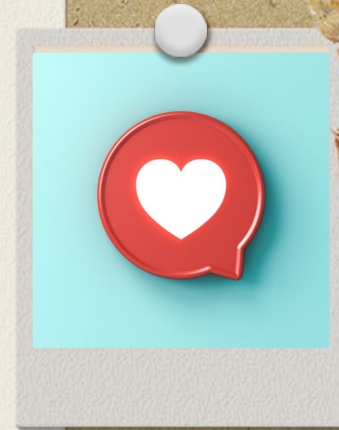


- ✗ Poster collage
- ✗ Zoom-based photo exhibit
- ✗ Discussed options including coffee shops, art galleries, etc.



## *Group Members Taught Us...*

- X Desire for continued connection outside of group
- X Desire for unstructured time
- X Timing and time keeping
- X Photos encourage faster emotional depth
- X Importance of universality





“I was surprised by some people’s stories because I had not heard that point of view before. [In the group] I did not feel I was an ‘other.’ I feel othered because of cancer, because of my hair, and having people say I lost my hair.”



# Virtual Group Work

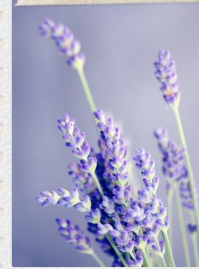
- x Stepping up and back
- x Using the chat feature
- x Normalized awkward pauses and inadvertant talking over one another
- x Confidentiality considerations
- x “Leave” button



# Your Turn!

## Theme: What Inspires Me

- X (5 minutes) - Scroll through your pictures to identify an image that inspires you OR walk around the conference space and choose to take a picture
- X (5 minutes) - Write a brief narrative - a few words to a few sentences
- X (15 minutes)- Share with your group members (each person gets x amount of time to share). Group members are encouraged to comment on/ask questions of the person who is sharing



# Debrief and Questions

## Debrief

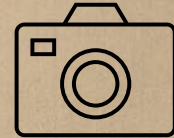
What was it like to participate in an impromptu photovoice group?

## Your Setting

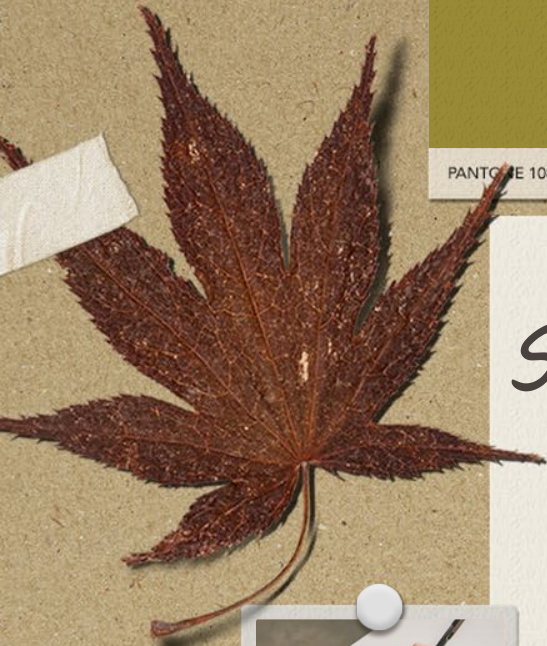
How might you adapt *Through the Lens* for your setting?

## Questions

Any questions or comments?







*Sign up to receive the  
Through the Lens  
Group Intervention  
Manual via email*



*Participant Photos*

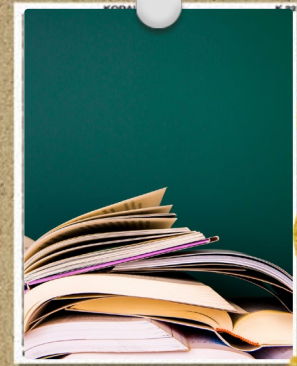


# Resources

[Photovoiceworldwide.com](http://Photovoiceworldwide.com)

[Photovoice.org](http://Photovoice.org)

[mskcc.org/departments/psychiatry-behavioral-sciences/psycho-oncology-education-training-institute/course-meaning-centered-psychotherapy-cancer-patients](http://mskcc.org/departments/psychiatry-behavioral-sciences/psycho-oncology-education-training-institute/course-meaning-centered-psychotherapy-cancer-patients)



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