

MS. BINCY MATHEW

Consultant - Psycho Oncology

Qualification

Bsc | MSc | MPhil in Psycho-oncology

Overview

Ms. Bincy Mathew is a senior psycho-oncologist, having received her professional training at the esteemed Cancer Institute (WIA) in Chennai. Her expertise lies in providing comprehensive psychological support to patients and their families, addressing a spectrum of challenges including psychological distress, adjustment issues, depression, and anxiety, with a dedicated focus on enhancing their quality of life. She is the foremost Psycho Oncologist In Bangalore, Old Airport Road. Through the application of individual psychotherapy and evidence-based therapeutic techniques such as Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Mindfulness-based Cognitive Therapy (MCT), Ms. Bincy has significantly influenced the psychological well-being and treatment satisfaction of countless cancer patients. Her holistic approach extends to managing total pain in advanced cancer care, and end-of-life support, as well as providing compassionate grief and bereavement counselling.
Ms. Bincy's expertise further extends to tobacco cessation therapy, where she has conducted impactful scientific research to understand the prevalence of tobacco use and associated psychosocial challenges

post-diagnosis. Passionate about cancer prevention and early detection, she actively advocates for initiatives aimed at reducing the burden of cancer in the community. With a deep-rooted belief in personalized care, Ms. Bincy recognizes the unique challenges and needs faced by each individual undergoing cancer treatment. Her commitment to delivering professional and tailored support underscores her dedication to achieving optimal treatment outcomes for every patient.

Fellowship & Membership

- Member of the International Psycho-oncology Society
- Member of the Psycho-oncology Society of India
- PGDip in Life Skills and Reproductive Health from Christ University
- Diploma in Tobacco Cessation Counselling from the Public Health Foundation in India
- Certified in CBT, CAT, ACT, MCT

Field of Expertise

- Expert in
- Assisting oncology populations with decision-making strategies, emotional well-being, navigating treatment and survivorship, palliative care and other related aspects.
- Psychological Counselling (for both patients and caregivers)
- Stress Management Techniques (Relaxation therapy, Guided Imagery, etc)
- Tobacco Cessation Counselling
- Addressing Total Pain
- Support Group Planning & Facilitation
- Cancer Prevention

- Grief and Bereavement Counselling

Languages Spoken

- English
- Hindi
- Tamil
- Malayalam

Awards & Achievements

- NCI Cancer Research Training Award Issued by CRDF Global & National Cancer Institute - Oct 2018
- Best Paper Award Issued by Malabar Cancer Centre - Dec 2017 - Title: Family Functioning after Paediatric Cancer Diagnosis: A Narrative Study from Parents Perspective.
- Best Outgoing Student & Top Scorer (Gold Medalist) Issued by Cancer Institute (WIA) - Jun 2017
- Best Poster Presentation | Title: Cognitive and Neuropsychology: Challenges and Issues | Christ University: 2015

Talks & Publications

- Integrating psycho-oncology services in cancer care in India - Indian Journal of Cancer
- Can Cancer Diagnosis Help in Quitting Tobacco? Barriers and Enablers to Tobacco Cessation Among Head and Neck Cancer Patients from a Tertiary Cancer Center in South India - Indian journal of psychological medicine
- Collusion: The facade and its implications on Total Pain

management in palliative care - Indian Journal of Palliative Care
- Quality of life of spouses of breast cancer patients - International Journal of Allied Medical Sciences and Clinical Research
- How I Am Becoming A Psycho-Oncologist - ASCO Connection
- Psycho-oncology: A lesser known trump card in cancer care
- Understanding Cancer Experience Through Psycho-oncology: The multidisciplinary art and science of cancer care
- Charting Professional Waters: Diary of a Young Psycho-Oncologist