



## Founder Background & Program Stewardship Overview

### Life Navigation Support for Cancer Survivorship

#### The Second Trail Survivorship Support Program

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Cancer Health and Wellness Coach

#### Professional Profile

Healthcare professional with more than four decades of experience in patient-centered care environments and more than twenty years of direct work supporting cancer patients, survivors, and caregivers within an oncology supportive care setting.

#### Introduction

The Second Trail survivorship support program emerged from decades of work supporting individuals navigating health challenges and life transitions, including more than twenty years working directly with cancer patients, survivors, and caregivers within the supportive care environment of a major cancer center.

Through these experiences, Wayne observed both the strengths of modern cancer treatment and the challenges many patients face when navigating the cancer experience and transitioning from active treatment into survivorship. While survivors often receive valuable medical care and guidance, many struggle to translate survivorship recommendations into sustainable daily practices once regular clinical contact becomes less frequent.

This document provides an overview of the professional experience, oncology background, and stewardship philosophy that inform the development and ongoing administration of The Second Trail survivorship support program.

## **Professional Background**

Wayne Mylin has worked in healthcare environments for more than four decades, with experience spanning mental health care, integrative medicine, Chinese medicine, professional association leadership, and survivorship support.

He began his healthcare career as a psychiatric technician at The Institute of Pennsylvania Hospital, where he worked for 23 years providing direct patient care and facilitating therapy groups within inpatient psychiatric settings. This work involved daily interaction with individuals navigating complex psychological and medical challenges and provided extensive experience supporting people during periods of vulnerability and life transition.

In 2000, Wayne established a private practice as a shiatsu therapist and Chinese medicine practitioner. From 2001 through 2021 he also served as a shiatsu therapist and wellness education provider at the Abramson Cancer Center at Pennsylvania Hospital, part of Penn Medicine.

During his 20 years working within the cancer center environment, he provided hands-on integrative care and wellness education to cancer patients, survivors, caregivers, and oncology staff. Over that period, he provided shiatsu care to more than 2,000 individual cancer survivors.

Prior to the COVID-19 pandemic, Wayne was a member of the Abramson Cancer Center's Supportive Care Team, working within an interdisciplinary environment that provided integrative and supportive services to patients navigating treatment and survivorship.

## **Experience in Oncology and Survivorship Care**

Working within the cancer center allowed Wayne to observe the cancer journey from close proximity to patients, caregivers, and oncology professionals. He worked with individuals navigating active treatment, recovery, long-term survivorship, and the emotional and practical adjustments that often occur as patients transition out of treatment.

Through direct patient care and wellness education, he observed a consistent pattern among many survivors and caregivers. While patients often received excellent medical treatment and survivorship guidance, many struggled to translate that guidance into sustainable daily practices once treatment ended and clinical contact became less frequent.

These observations—shared by many supportive care professionals—became an important foundation for the development of The Second Trail.

## **Development of The Second Trail**

The Second Trail survivorship support program was developed in response to the challenges Wayne observed during his years working with cancer patients and survivors.

Many individuals expressed a strong desire to rebuild their health and lives after treatment and to adopt supportive lifestyle practices that could strengthen their wellbeing. However, survivors frequently reported difficulty sustaining these changes without ongoing encouragement, community support, and practical guidance for integrating healthy practices into everyday life.

The Second Trail was designed as a supportive environment where survivors and caregivers can develop self-management skills, build sustainable health practices, and connect with others navigating the cancer experience. The program integrates principles from positive psychology, integrative health coaching, and capacity-aware support for individuals facing complex life transitions.

Rather than replacing clinical survivorship services, The Second Trail was designed to complement them by providing an environment where individuals can continue developing supportive practices beyond the clinical setting.

## **Program Stewardship Philosophy**

The development and stewardship of The Second Trail are guided by a strong commitment to patient wellbeing, ethical responsibility, and respect for the role of oncology care teams.

The program is designed to support individuals navigating the cancer experience while recognizing that medical care, diagnosis, and treatment decisions remain the responsibility of licensed healthcare professionals.

Participation in The Second Trail is voluntary and self-directed. Members are encouraged to remain in communication with their oncology teams regarding all medical concerns and health decisions.

The program focuses on areas such as self-management skills, emotional resilience, lifestyle practices that support wellbeing, and peer connection among individuals who share similar experiences.

### **Program Boundaries and Clinical Complementarity**

The Second Trail is a supportive care environment and does not provide medical diagnosis, treatment, or clinical medical advice.

Participants are encouraged to maintain ongoing relationships with their oncology and medical care teams. Any medical questions or concerns that arise during program participation are directed back to the participant's healthcare providers.

This structure allows The Second Trail to function as a complementary survivorship support environment while respecting the expertise and responsibilities of clinical care teams.

### **Professional Credentials and Certifications**

Wayne Mylin holds several professional credentials reflecting his long-term involvement in integrative health and cancer support.

He is a **Diplomate of Asian Bodywork Therapy**, certified by the **National Certification Board for Acupuncture and Herbal Medicine (NCBAHM)**, and an **AOBTA Certified Practitioner** through the American Organization for Bodywork Therapies of Asia.

He has also completed the **Integrative Cancer Coach Certification through the Cancer Wellness Institute (CWI)** and is currently completing certification-eligible training as a **Cancer Health and Wellness Coach through the National Board for Health and Wellness Coaching (NBHWC)**.

These credentials reflect a longstanding commitment to professional standards, ethical practice, and continuing education in fields related to integrative health and survivorship support.

### **Commitment to Ethical Stewardship**

Working with individuals navigating cancer treatment and survivorship carries a profound responsibility. The development and stewardship of The Second Trail are

guided by a commitment to honoring that responsibility through thoughtful program design, clear boundaries, respect for clinical care teams, and careful attention to the wellbeing and safety of program participants.

The goal of The Second Trail is to provide a supportive environment that strengthens individuals' ability to navigate life during and after cancer while remaining aligned with the values and standards of responsible survivorship care.

### **Commitment to Institutional Partnership**

The Second Trail was developed with the understanding that survivorship support is most effective when clinical care teams and supportive care resources work in collaboration.

Partnerships with cancer centers are approached with respect for institutional processes, clinical leadership, and the shared responsibility of supporting patient wellbeing.

Institutional collaboration provides an opportunity to extend survivorship support beyond clinical encounters while maintaining alignment with the values and standards of oncology care.