

Coping with Cancer NE is a well-established, registered, regional charity which specializes in the provision of counselling and complementary therapy to provide emotional support to the cancer community.

Head Office

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Coping with Cancer NE



SURVIVORSHIP COURSE

AIM

Is to set up a forum where cancer survivors can discuss their hopes and fears in a safe confidential environment.

It aims to give them tools to improve their wellbeing and produce coping strategies for future use.

The course:-

- Will be led by an experienced trained counsellor
- Last for 7 weeks at 2h per week
- Be open to all cancer survivors

CONTENT

Week One- Introductions, hopes and fears, what the client would like from the course

Week Two- Discussion of coping strategies, CBT, Affirmations, Art Therapy

Week Three-Relaxation techniques

Week Four-Complementary therapy, introduction to essential oils, practice hand massage, led by a trained therapist

Week Five-Visualization

Week Six- Mindfulness

Week 7- Celebration of what has been learned and the way forward.