

The Consulting Clinic Dublin

Counselling Support for Cancer.



A Cancer diagnosis can be a distressing life experience and treatment brings a variety of challenges. Facing cancer is often accompanied with excessive worry regarding survival and the stages of treatment. Poor sleep, low mood and reduced quality of life can often be associated with a cancer diagnosis. For many people, a cancer diagnosis makes the future feel very uncertain and hearing the words 'cancer' can evoke a tsunami of emotions. A cancer diagnosis will often be unexpected, life changing and sometimes traumatic for many people. Having specialist counselling support can be helpful for when you receive a cancer diagnosis, when going through treatment or post-treatment to help deal with the psychological challenges that accompany cancer. Cancer counselling is often about processing the meaning of the diagnosis, learning ways of coping with the emotions that it evokes, supporting you through the treatment and what this brings up for you psychologically and emotionally.

BENEFITS OF COUNSELLING AFTER RECEIVING A DIAGNOSIS

- Receive support from a Psychologist that is specialist in this area and can support you with the challenges that a diagnosis and treatment bring.
- Learn ways of coping with the stages of your diagnosis
- Have a confidential and safe space to process your diagnosis
- Learn ways to regulate emotions
- Manage intimacy and relationships difficulties that can sometimes arise
- Provide support for treatment and post-treatment stress and anxiety
- Provide support if you have lost confidence or struggling with sense-of- self or identity

COUNSELLING FOR CANCER AT THE CONSULTING CLINIC

At The Consulting Clinic we have two Clinical Psychologists that have specialist training and years of experience working in Psycho-Oncology.

Psychological interventions can include:

- Psycho-education
- Coping skills
- Counselling
- Cognitive Behaviour Therapy (CBT)
- Mindfulness Skills
- Compassion Focused Therapy skills (CFT)

An assessment will help to identify which therapeutic model is suited to you and the psychologist will draw up a treatment plan in line with your needs.

CANCER RESOURCES

Irish Cancer Society <http://www.cancer.ie>

Macmillan Cancer Support <http://www.macmillan.org.uk/>

ADOLESCENT AND YOUNG ADULTS CANCER

Canteen Ireland: Teenage Cancer Support <http://www.canteen.ie/>

YouCan – Support for young adults with Cancer <https://www.facebook.com/YouCanIreland>

SELF-HELP BOOKS ON CANCER

Mindfulness-Based Cognitive Therapy for Cancer : Gently Turning Towards by Trish Bartley and John Teasdale (2012).

The Cancer Journey: Positive Steps to Help Yourself Heal' by Dr. Pam Evans, Polly Noble & Nicholas Hull-Malham (2011).

The Cancer Survivor's Companion: Practical Ways to Cope with Your Feelings After Cancer' by Lucy Atkins & Dr. Frances Goodhart (2013).

Contact The Consulting Clinic for more information or to book an appointment

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