

Influence of psychotherapy for cancer patients

Done by:

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Positive aspects of psychotherapy

- learning ways of coping with this diagnosis and feeling more in control and less overwhelming;
- managing with fear, anxiety, depression, and so on;
- exploring what cancer experience means to the patient;
- exploring concerns around sexuality and intimacy;
- learning ways how to manage with side effects of treatment and cancer symptoms (e.g. vomiting, pain, and so on);
- learning how to maintain relationship with family and friends;
- learning how to
- discussing financial aspects and helpful resources;
- discussing issues which come after completing treatment.

Types of meetings

- individual meetings;
- couple meetings;
- group meetings

Types of psychotherapy

- supportive psychotherapy: main purpose is to help patients to deal with emotions, promote adaptive coping with disease, and reinforce pre-existing strengths. During such type of psychotherapy patient's self, body image, and so on are explored;
- cognitive-behavioral therapy: main purpose is to understand patient's cognition, irrational thinking, and how patients can deal with stressful life and help them to identify their own distorted beliefs and negative automatic thoughts;
- cognitive analytic therapy: main purpose is to find relational aspects of development and psychological distress;

Types of psychotherapy

- relaxation and image based therapy: main purpose is to learn different ways how to reduce the body's stress response so to induce the "relaxation response". During this type of therapy patients experience both physical and psychological relaxation;
- motivational counselling: main purpose is to teach patients to be receptive to changing their lifestyle or health;
- written emotional disclosure: main purpose is to adjust to traumatic events;
- supportive-expressive group psychotherapy: main purpose is to help patients during intensive, weekly group therapy to deal with emotional, fundamental, and interpersonal problems.