

CancerCare services



Your local cancer support service



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Psychological therapies

- Counselling
- Hypnotherapy
- Expressive arts therapy
- Children's services

Complementary therapies

- Alexander Technique
- Aromatherapy
- Massage
- Yoga

Social and creative group activities

- Art
- Craft
- Jewellery
- Woodwork

Self-support groups

- Art friendship
- Swimming
- Walking
- Breast care

Additional services

- Social day care
- Drop-ins
- Information and literature
- Transport
- Legal/financial advice service

If you would like information on any of the above, please contact CancerCare. We will be pleased to help.

SLYNEDALES

Slyne Road, Lancaster LA2 6ST

Tel: 01524 381820

(24-hour answering service)

Fax: 01524 845040

LAKES CENTRE

Blackhall Road, Kendal LA9 4BT

Tel: 01539 735800

(24-hour answering service)

Fax: 01539 728628

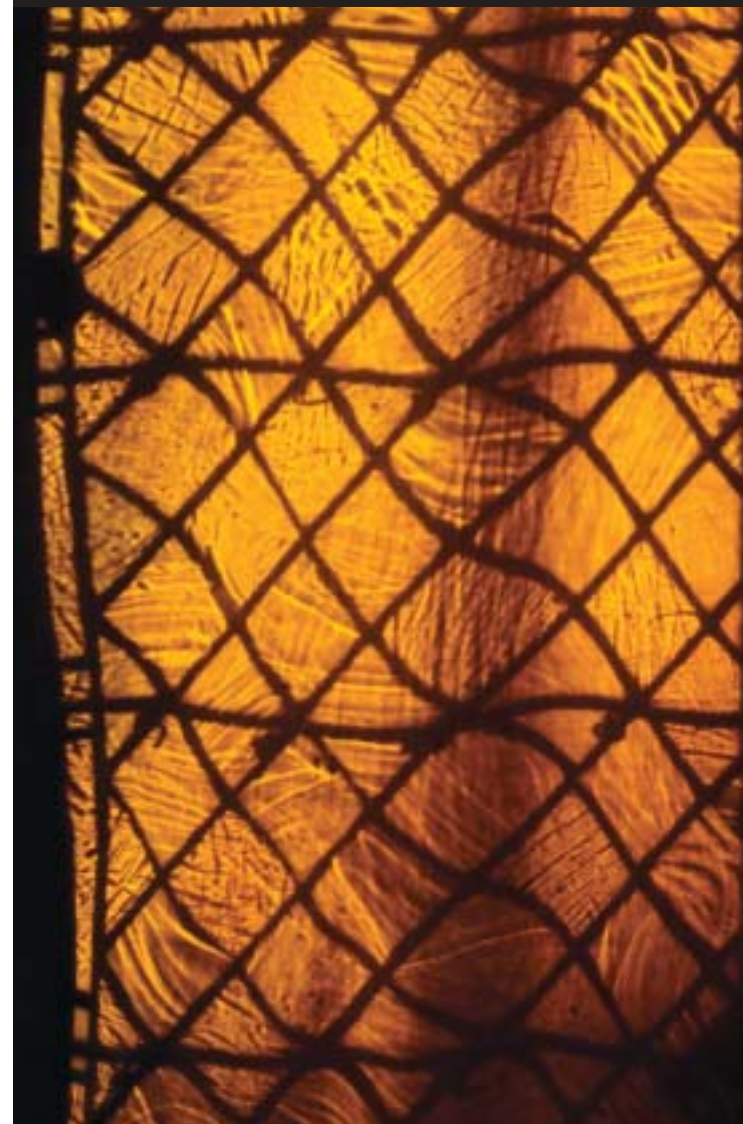
Email: admin@cancercare.org.uk

www.cancercare.org.uk



The Queen's Golden Jubilee Award
for voluntary service by groups in the community

HYPNOTHERAPY



Registered Charity No. 516830

Patron: Lady Shuttleworth

What we offer at CancerCare

CancerCare provides support and information, free of charge, for people affected by cancer in North Lancashire and South Cumbria.

You may be a cancer patient, a carer, a family member, or have lost someone through cancer.

We offer a range of psychological, complementary and creative therapies, as well as social group activities.

You can find out more about our therapies, and ask for a referral, either from a health professional working with you (for instance your GP, Nurse, or consultant), or by contacting us directly.

Following referral we will offer you a chance to meet with one of our assessors. They will help to clarify your needs and to agree with you which therapy or group may be best for you.

If you decide that you want to go ahead, we will then ask a therapist to contact you to arrange some sessions, or to invite you to join a group.

Usually a specific number of sessions will be agreed at your first meeting, and this will be reviewed with your therapist as things progress. You may want to try different therapies as your needs change.

All of our therapy services are offered by professional and experienced practitioners

HYPNOTHERAPY



Hypnotherapy can help you to work at a deep psychological level to address and resolve personal problems and ease the physical and emotional effects of cancer treatments.

What does it involve?

First the client and the therapist get to know one another. Hypnosis is explained and any worries discussed.

Hypnosis can be described as an altered state of conscious awareness. It's a natural state, similar to daydreaming, in which you feel very relaxed, and the passage of time may become unimportant. It enables you to reach 'A place where the imagination rather than intellect is active' and work with the therapist to facilitate helpful change. The therapist does not intervene in any way that does not have your full understanding and consent.

Hypnotherapy can be very comforting and empowering. You can also learn how to enter this deeply relaxed state when you are by yourself.

How long does it take?

Hypnotherapy sessions normally last about 1 hour. The number of sessions varies according to individual needs.

What are the benefits?

Hypnotherapy can help you to:

- learn relaxation skills
- ease stress and calm anxiety
- relieve treatment side effects
- modify perception of pain
- enhance circulation and breathing
- improve sleep patterns
- support the immune system
- boost confidence and resourcefulness.

At a deeper level, it can also help you to:

- manage anxieties, phobias, panic attacks and other difficult experiences
- adjust to diagnosis, treatment plans and life changes
- gain insight into how situations and feelings are affecting you, and how best to deal with these.

What clients say...

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Just a feeling of peace when you wake up

“

A feeling of positivity and hope.

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