

# **Coping With Cancer**

**Sharon L Manne, Jamie S Ostroff**

**Coping with Cancer** Elizabeth Cohn Stuntz, Marsha M. Linehan, 2021-02-05 This compassionate book presents dialectical behavior therapy (DBT), a proven psychological intervention that Marsha M. Linehan developed specifically for the impossible situations of life--and which she and Elizabeth Cohn Stuntz now apply to the unique challenges of cancer for the first time. \*How can you face the fear, sadness, and anger without being paralyzed by them? \*Is it possible to hold on to hope without being in denial? \*How can you nurture supportive relationships when you have barely enough energy to take care of yourself? Learn powerful DBT skills that can help you make difficult treatment decisions, manage overwhelming emotions, speak up for your needs, and tolerate distress. The stories and collective wisdom of other cancer patients and survivors illustrate the coping skills and show how you can live meaningfully, even during the darkest days.

**Coping with Cancer ,1980**

**Coping with Cancer Stress** B.A. Stoll, 2012-12-06 The emotional pressures on cancer patients and their families are increasing and traditional supports are decreasing. This book attempts to provide a readable, authoritative and balanced review of the emotional pressures and coping methods of cancer patients, and the help currently available to them. The special problems of children and terminal patients with cancer, and the role of the family in coping, are also examined. A balanced and critical assessment is made of defects in health organisation, training of personnel and attitudes to cancer patients in Western society. A similar assessment is made of the growing tendency to self help, mutual help and group activities for such patients. While each individual needs to select coping aids best suited to his or her own temperament, medical advisors need to make more time available for discussion of technical, emotional, social and sexual problems. The

availability of a cancer-treating team makes this feasible. Chapters were invited from physicians, psychiatrists, psychologists and sociologists expert in this field, and they have responded to the challenge of writing in non-technical language. This is so that readership can cross disciplinary boundaries and thus stimulate physicians, nurses, psychologists, sociologists, clergy and others, to satisfy some of the currently unmet needs of cancer patients. The reader may note a small amount of overlap between some chapters, permitted in order to maintain continuity and make each chapter complete in itself.

*Coping with Cancer* Avery D. Weisman,1979

**Coping with Cancer** Elizabeth Cohn Stuntz,Marsha M. Linehan,2021-02-05 A cancer diagnosis can lead to what feel like impossible questions: How can a person face the fear, sadness, and anger without being paralyzed by them? Is it possible to hold on to hope without being in denial? What is the best way to get needed support? This compassionate book presents dialectical behavior therapy (DBT), a proven psychological intervention that Marsha M. Linehan developed specifically for the impossible situations of life--and which she and Elizabeth Cohn Stuntz now apply to the unique challenges of cancer for the first time. Readers learn powerful skills for making difficult treatment decisions, managing overwhelming emotions, speaking up for their needs, tolerating distress, and living meaningfully, even during the darkest days. Every chapter blends professional expertise, personal stories, and the collective wisdom of other cancer patients and survivors--

Coping with Cancer John E. Packo,1991 A pastor gives practical advices on handling the pressures when coping with cancer.

*Coping with the Emotional Impact of Cancer* Neil Fiore,2009 Here's a book filled with practical techniques for coping with the emotional impact of this life-threatening disease from an eminent

psychologist and long-term cancer survivor. Fiore shows readers how to: manage the initial shock of receiving a cancer diagnosis; establish team relationships with doctors; communicate with family and friends; deal with feelings of helplessness; lessen stress and worry; combat depression; prepare for treatment; and live a rich full life despite the fear.

**Coping with Breast Cancer** Sharon L. Manne, Jamie S. Ostroff, 2008-03-14 Early stage breast cancer can be stressful and upsetting for both the woman dealing with the disease and her partner. This illness can also place a strain on a couple's relationship. However, couples who are able to provide effective support to one another are more likely to adapt well. Focusing on the couple as a unit can promote effective coping for both patients and their partners. This couples-focused group program aims to improve a couple's functioning as a team and provides a supportive environment for couples facing similar breast cancer-related issues. Over the course of six sessions, couples learn support and communication skills, as well as techniques to manage stress and enhance intimacy. Modeling by group leaders and other couples facilitates skill acquisition. With continued use, the skills learned in group can have long-term benefits for couples. This guide, along with the corresponding workbook, provides all the information needed to implement this group program. It contains step-by-step instructions for running the group, as well as sample group leader dialogues, in-session activities, and homework assignments. The couple's workbook is designed to be shared by both partners as they work together through the program. By the end of the six weeks, couples will be better equipped as a team to cope with the stresses of cancer and the challenges that may lie ahead. *Treatments That Work™* represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and

evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

**The Key Facts on Coping With Cancer & Cancer Resources** Patrick W. Nee, 2013-05-28 The Key Facts on Cancer series provides patients and caregivers with essential information on cancer. In this comprehensive guide, readers will learn about different types of cancer, cancer treatments, the risk factors and causes of cancer, facts on cancer prevention, methods of coping with cancer, and ways to support those with cancer. Assembled in an easy-to-read, question and answer format, readers can gain answers to questions most pertinent to their queries. In addition, this guide provides caregivers and patients with important resources and contacts that may aid them in the cancer process. The Key Facts on Coping With Cancer & Cancer Resources provides individuals with an in-depth, comprehensive guide to the many coping methods and resources for cancer patients and caregivers. Featuring topics from coping mechanisms to how-to guides on dealing with aging family members to strategies to cope with psychological stress, this guide is priceless when facing the ominous disease of cancer.

**COPING WITH CANCER.** ,2021

*Elf-help for Coping with Cancer* Joel Schorn, 2014-10-07 *Elf-help for Coping with Cancer*

suggests how you can react to your illness and also act in ways that will help you heal. It will also help you see how having cancer, despite the limitations and downright terrors it may present, can offer opportunities to grow closer to God and those around you, and to focus on what's really important.

The Road Back to Health Neil A. Fiore, 1986-08 Drawing on his extensive personal and professional experience, Dr Neil Fiore guides patients and their families through the psychological and emotional consequences of cancer and its treatment.

*Living with Cancer* Vicki A. Jackson, David P. Ryan, Michelle D. Seaton, 2017-05-16 Patients at every stage will find *Living with Cancer* a comprehensive, thoughtful, and accessible guide for navigating the illness and its treatment.

*The Big Ordeal* Cynthia Hayes, 2021-02-23 Coping with cancer is hard. It is an emotional ordeal as well as a physical one, with known and somewhat predictable psychological responses. And yet, patients often feel isolated and alone when dealing with the stress, anxiety, depression, and existential crises so typical with a cancer diagnosis. *The Big Ordeal*, written in collaboration with a psychologist and two oncologists, tackles the emotional side of the experience head-on, to help newly diagnosed patients and their loved ones anticipate, understand, and deal with the psychological turmoil ahead. Based on interviews with scores of patients and experts across a variety of fields, combining patient stories with medical insights and advice from those who have been there, and structured around the typical phases of the process, this book is an accessible resource for anyone who receive a cancer diagnosis.

*Coping with Breast Cancer* Sharon L Manne, Jamie S Ostroff, 2008-03-14 As a couple coping with early stage breast cancer, it is important that you face the stresses and challenges together. To

support each other during this difficult time, you and your partner may benefit from enhancing your relationship and stress management skills. This couples-focused group program will help you and your partner become an effective coping team. To strengthen your relationship, you and your partner will learn how to better support and communicate with one another using proven relationship-enhancing techniques. You will also learn to strengthen emotional intimacy by taking the time to discover each other's needs and engaging in wish list activities to bring you closer together. Relaxation techniques will help you and your partner manage stress so you are better able to deal with the challenges of cancer. The group format provides a supportive environment and gives you a chance to learn from other couples dealing with similar issues. This workbook is designed to be shared by you and your partner, as you work together as a team. It includes all the forms and information you will need during the six-week program. Exercises will help you apply what you learned in group to coping with cancer and your life as a couple. By the end of the program, you will have acquired many useful skills that will benefit you, your partner, and your relationship for a lifetime. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources · Continuing

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*The Human Side of Cancer* Jimmie Holland, Sheldon Lewis, 2009-10-13 For more than twenty years, Dr. Holland has pioneered the study of psychological problems of cancer patients and their families -- whom she calls the real experts. In *The Human Side of Cancer*, she shares what she has learned from all of them about facing this life-threatening illness and what truly helps along the cancer journey. This book is the next best thing to sitting in Dr. Holland's office and talking with her about the uncertainty and anxiety elicited by this disease. And it is a book that inspires hope -- through stories of the simple courage of ordinary people confronting cancer.

Coping with Cancer Veronica Blaha Decker, Linda Weller-Ferris, 2009-01-01 Offers your patients with the knowledge, wisdom, and good judgment they need when facing illness. Providing coping strategies, this handbook also offers advice for the patients with cancer on a variety of social and psychological issues as they combat their illness.

**Coping** Warren G. H. Fisher, Jr., 1999-12-01

*Coping with Advanced Cancer: Support for People with Cancer* National Cancer Institute (U.S.), 2018-07-18 *Coping with Advanced Cancer* is a booklet for people who have been told they have late-stage cancer, or that their cancer isn't responding to treatment. Family and friends may also want to read this booklet. The booklet includes information about dealing with transitions in care, including end of life issues. It stresses that learning about your options and talking about your concerns keeps you in control of your care, and of your life. Related products: *Caring for the Caregiver: Support for Cancer Caregivers* -- ePub format only -- ISBN: 9780160947520 *Children with Cancer: A Guide for Parents* -- ePub format only -- ISBN: 9780160947537 *Eating Hints: Before,*



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