

## CANCER COUNSELLING SERVICE

Cancer brings about many changes in a person's life, therefore Kingston Hospital provides a counselling service as a means of support for you and your family/carers.

The Hospital has two qualified counsellors experienced in the field of cancer counselling who are available Tuesdays, Wednesdays and Thursdays from 10am - 2pm.

Kingston Hospital patients and their family/carers are entitled to see the counsellor free of charge for a limited number of sessions.

## Who is it for?

The service is for patients/families/carers who are

- feeling anxious and are having difficulties in coping with their experience of cancer
- experiencing an underlying sense of sadness and dissatisfaction
- having difficulty coming to terms with the changes brought about by their illness
- experiencing problems within their relationships
- wanting the space and time to talk in confidence with an experienced professional

## How does counselling work?

1. Appointments are available Mondays, Wednesdays and Thursdays, generally they are at the same time each week, but there can be some flexibility, and they last for about an hour.
2. Your counsellor will encourage you to use the session for reflection. She will not give you advice, interrupt you or tell you what is best for you. However, she does offer you confidentiality and a safe space to make sense of your feelings and behaviour. As the relationship develops there is the possibility to discover new ways of

copied and making sense of problems and feelings. This is not always easy. Cancer brings many different feelings to the surface and some of them can be painful or difficult for yourself or those close to you.

3. Talking about what is happening, your feelings and thoughts can be a relief and help you begin to untangle the confusion and uncertainties cancer brings.

### What if I'm not sure?

If you have any reservations, or are uncertain about counselling, you can have a preliminary session to allow you to decide whether it is appropriate for you.

### Contacting the Counsellor

Telephone: **SALLY PARR** (Wed & Thurs )  
or **ALICE COWLEY** on Tuesday on  
**0208 934 2114** and leave a message, or ask  
your nurse/doctor to make contact on your  
behalf.

### Other Contacts

The Cancer Support and Palliative Care  
Teams also have specialist nurses who  
are available to provide support, advice  
and information, as well as help with  
practical issues. They can be contacted  
on ext 2732.

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