



# Counselling People with Cancer

*Mary Burton, Maggie Watson*

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## **Counselling People with Cancer** Mary Burton, Maggie Watson

Counselling People with Cancer Mary Burton and Maggie Watson *Counselling People with Cancer* is a practical 'how to' book written by two eminent psychologists with many years of hands-on experience in helping patients and their families face, and overcome, the many psychological problems associated with cancer. The book is intended primarily for health care professionals in regular contact with cancer patients and whose work involves a counselling element. It will also be of interest to carers in a broader sense who ask themselves, 'How can I help with the emotional side of dealing with cancer?' The book explains in clear and practical terms what to look and listen for and how to respond to the psychological needs of cancer patients and their families at different stages of the disease from the 'bad news' interview to coping with the disease and its treatment, facing common communication problems, and dealing with family issues and sexual problems. A comprehensive survey of counselling is presented with discussion of the three mainstream models of counselling - psychodynamic, humanistic and cognitive-behavioural. The final chapter deals with professional issues and offers practical suggestions for setting up a counselling service. Psychologists, psychotherapists, oncologists and nurses will find this book an indispensable guide for helping patients and their families to cope with the difficult experience of cancer.

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