



## In-Person Workshop

# Healing Beyond the Body:

## Emotional Resilience and Connection Through Cancer

### **Session 1: Understanding Cancer & its Emotional Impact -October 16th**

Exploring the psychological effects of cancer diagnosis; how cancer affects mental health, from diagnosis to treatment/survivorship; and the role of fear, uncertainty and grief in cancer journey.

### **Session 2: Coping Strategies for Managing Cancer-Related Anxiety -October 23rd**

Practical tools for managing anxiety, like mindfulness, breathing techniques & meditation. Cognitive Behavioral Therapy (CBT) approaches to address irrational thoughts.

### **Session 3: Communicating Your Fears and Concerns - October 30th**

How to talk to loved ones, healthcare providers, and support networks about cancer-related anxiety. Navigating difficult conversations about treatment options, prognosis, and emotional health.

#### **DATES**

THURSDAY, OCT 16  
THURSDAY, OCT 23  
THURSDAY, OCT 30

#### **TIME:**

12:00PM-1:30 PM



#### **PLACE:**

CANCER SUPPORT COMMUNITY  
VALLEY/VENTURA/SANTA  
BARBARA  
COMMUNITY ROOM

#### **NO COST**

## Diane R. Lipson, Ph.D

Diane Lipson, Ph.D. is a Health Psychologist specializing in chronic illness, coping skills and chronic pain. She sees patients dealing with anxiety and depression associated with cancer and severe medical issues. Dianne taught at the UCLA Medical School for 28 years, was a member of the medical staff at Los Robles Hospital, and has worked extensively with physicians and patients in the community. She utilizes Cognitive Behavioral Therapy (CBT), Hypnotherapy and other supportive measures to help patients develop coping skills and how to learn new ways to find fulfillment in life.



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#### **To register and learn more:**

[cancersupportvvsb.org/events/](https://cancersupportvvsb.org/events/)

email: [programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)

call: 805.379.4777