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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
January 2nd 2019: Survivor

A cancer diagnosis is one of the hardest things we can face. Most of us have very little time to adjust to the profound life experience of cancer before we are immersed in treatment. We look forward to the day when we'll be "done." Everyone in our lives, even our health care providers, expect a celebration and profound relief. But what we call survivorship is much more complicated. All the feelings related to the changes in our identity, our roles and our expectations seem to hit like a ton of bricks. And no one seems to expect the emotional plunge that often comes with the end of treatment.

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Featured Guest



Cheryl Krauter

Cheryl Krauter, MFT an Existential Humanistic psychotherapist with over 40 years of experience in the field of depth psychology and human consciousness. She works with people who have been diagnosed with cancer and other life-threatening illnesses, their partners, family members, and caregivers. She has published two books on cancer: *Surviving the Storm: A Workbook for Telling Your Cancer Story* (Oxford University Press 2017) and *Psychosocial Care of Cancer Survivors: A Clinician's Guide and Workbook for Providing Wholehearted Care* (Oxford University Press 2018).

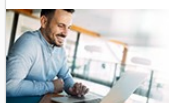
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