Therapies

Acupuncture | Art Therapy | **Counselling** | Healing Imagery | Massage | Meditation and Mindfulness
Music Therapy | Nordic Walking | Physical Activity
Qigong | Reflexology | Relaxation | Shiatsu | Yoga
Counselling is a type of talking therapy, where a relationship between therapist and client is built on trust and understanding. Counsellors help people who need support for a variety of emotional and personal issues and can help them to deal with these issues in a positive and appropriate way.

Specific to people with cancer, research has shown counselling may be beneficial for wellbeing, anxiety, depression and helping with the sexual side-effects of cancer. Penny Brohn UK supports counselling for people with cancer.

Information on counselling
This evidence-based information sheet aims to provide clearly sourced and reliable information to help you make informed choices about counselling, one of a range of treatments available to support people with cancer. If you would like more information on how to access the range of services Penny Brohn UK provides, please contact our Helpline on 0303 3000 118. We are able to provide our services free of charge, thanks to the charitable donations and voluntary contributions which fund our work.

What do people who have tried counselling say about it?
Research studies known as qualitative studies ask people about their experiences. They can provide information from a personal perspective, but can't tell us if a therapy is likely to work for everyone.

Following breast cancer, women reported that counselling helped them to get back in touch with themselves, process strong emotions and solve problems. After attending a counselling group, women with gynaecological cancer reported benefits including a feeling of togetherness and understanding. People who have had counselling also mention benefits, such as having time and space to talk about their feelings, understanding their feelings, and support with their fears surrounding death.

Counselling and The Bristol Whole Life Approach

This adaptation of The Bristol Whole Life Approach wheel shows the areas that counselling can help with, according to providers.

(Please note that these are not the claims of Penny Brohn UK.)
Are there any legal issues?
While there are no legal requirements for a counsellor to hold a professional qualification, counsellors are members of professional bodies such as the BACP (see below), and be accredited if they have the required qualifications and experience.

What is the evidence on counselling?
Research looking at the effects of counselling for people with cancer has found that it may be beneficial for well being.

A full list of references and an extended summary of the research literature is available upon request from our Helpline.

Organisations that offer support and information for people with cancer
- Cancer Research UK
  Tel: 0808 800 4040
  www.cancerresearchuk.org
- Macmillan Cancer Support
  Tel: 0808 808 0000
  www.macmillan.org.uk
- NHS 111
  Tel: 111
  www.nhs.uk

Organisations that represent counselling
- British Association for Counselling and Psychotherapy
  www.itstogodtalking.org.uk www.bacp.co.uk
  Tel: 01455 883300
- National Counselling Society
  www.nationalcounsellingsociety.org
  Tel: 01903 200 666