

Touch, Caring and Cancer: A New Perspective on Caregiving

A Free Evening Seminar with William Collinge, PhD and Leila Kozak, PhD

Sunday November 21, 2010, 6:30-8:30

SCCA House · 207 Pontius Avenue North, Seattle · Phone (206) 204-3700

Touch and massage are among the most comforting forms of support in cancer. They can help reduce pain and discomfort, and restore a sense of connection with others. However, many people who care for a loved one with cancer are reluctant to use touch because they feel they just don't know what to do, what would help, what would be comforting.

In this afternoon seminar, Dr. William Collinge and Dr. Leila Kozak will discuss the *Touch, Caring and Cancer* program, an instructional program for caregivers developed through research sponsored by the National Cancer Institute. The program teaches safe and simple ways anyone can learn to bring touch into caregiving at home.



Join us to learn how you can improve quality of life for loved ones with cancer and find new satisfaction in caregiving...

- Gain new insights into ways you and your partner can enjoy touch safely and effectively
- Learn ways to communicate about touch
- Learn about “centering”, a way to be fully present to enjoy giving or receiving touch
- Practice simple techniques of comfort touch that can be done sitting and on home furniture
- Experience the satisfaction that comes from giving to your partner, whether you are a patient or caregiver

William Collinge, PhD, is principal investigator of the NCI project that developed the award-winning program *Touch, Caring and Cancer: Simple Instruction for Family and Friends*. He is a scientific review consultant and researcher for the National Institutes of Health in the fields of cancer support, caregiving, and complementary therapies. His books include *Partners in Healing: Simple Ways to Offer Support, Comfort and Care to a Loved One Facing Illness* (Shambhala, 2009). For more information visit www.collinge.org.



Leila Kozak, PhD, is a post-doctoral fellow in palliative care research at the VA Puget Sound Health Services Research & Development, where she is evaluating *The Touch, Caring and Cancer Program* with veterans and their families. She was a massage therapist in Buenos Aires, Argentina, and has been a researcher and university instructor in the US in the field of cancer support, complementary therapies and mind/body medicine since 1995. A native Spanish speaker, she is involved in several international efforts to promote evidence-based complementary therapies in palliative care.

