

Touch, Caring and Cancer: A New Perspective on Caregiving

An evening presentation and discussion with
William Collinge, PhD

September 20, 2009

6:30-8pm

Souther Classrooms, Providence St. Vincent
Registration required 503-216-4687, Mary Malinski, RN, LMT

Touch and massage techniques are among the most comforting forms of support in cancer because they can help alleviate pain and discomfort as well as side effects of treatment. However, many people who care for a loved one with cancer are reluctant to use touch as a form of support out of concern for causing harm, or feeling they just don't know what to do.

In this evening presentation William Collinge will discuss the results of the Caring and Cancer Project, a research study sponsored by the National Cancer Institute. The project introduces a new perspective on caregiving by friends and loved ones of cancer patients, and an exciting new way to make caregiving more satisfying for the giver and more effective for the recipient. The project teaches safe and simple ways to incorporate touch into caregiving at home that anyone can learn and apply, using normal home furniture. Family caregivers in the study were found to reduce their loved ones' symptoms and side effects by 27-44% using the techniques taught in the program.

This evening presentation is for health service providers and other community members who wish to learn how they can help families expand their options for effective caregiving at home. (This follows an afternoon workshop for family caregivers and cancer patients; contact Mary Malinski, RN, LMT at 503-216-4687 or visit www.partnersinhealing.net/events for details.)

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

- Learn about results of the NCI study with 97 caregivers and their loved ones with cancer
- Explore common questions family members and health professionals may have regarding use of touch in caregiving
- Gain new insights into how family members can incorporate touch safely and effectively
- Learn ways you can help empower family members to be more effective and find more satisfaction in caregiving

William Collinge, PhD, is principal investigator of the Caring and Cancer Project, and author of the new book *Partners in Healing* (Shambhala Publications). He is also executive producer of the DVD program *Touch, Caring and Cancer: Simple Instruction for Family and Friends*. He is a scientific review consultant for the National Institutes of Health and has worked extensively in the fields of cancer support, complementary therapies, and mind/body medicine. For more information visit www.collinge.org.

