

## COUNSELLING FOR WOMEN SUFFERING FROM BREAST CANCER IN SUPPORT GROUPS

*G.C. Cozaru, M.L. Sandu, A.C. Papari, A. Papari*

Psychology Department, "Andrei Saguna" University, Constanta, Romania

Breast cancer is, as we well know, a complex and traumatizing disease, considered to be a systemic one ever since its diagnosis. Facing a diagnosis of breast cancer is often equivalent to facing death itself, which leads to the emergence of powerful emotions which often seem to get out of control. This requires psychological assistance which should be what oncology patients turn to. The support group is a more or less formal environment which offers its members the chance to reduce the disease-related stress and the seclusion which occurs in the case of numerous survivors and co-survivors, a place where they can share fears and worries with other people with similar experiences, who understand what they are going through. It is important to underline the fact that these groups, while they are not a substitute for breast cancer treatment, are however extremely auspicious, being a way to mediate contact and sharing of experience among survivors and co-survivors in the fight against the disease. Asking for help proves that you want to fight for your life and to be ready to deal with the situation.