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Healing cancer patients using expressive therapy: An existential approach towards cancer treatment

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In this workshop I would like to go through the process of “awakening” using the imaginary thought by our doctors that we have very few months to live. We will use this short time to experience through art and drama the curing ability that is enfold in this process. We will also borrow parts of the existential approach to intense the understanding of why it actually worked for Sara. I will use the term “wake-up call” and investigate the meaning. We will dive into an essential question introduced by Irvin Yalom in his book about existential therapy “are we living our lives?” Or as Nietzsche presents it to us in his question “If you live your life over again how would you do it?”

Biography

Doron Margalit has completed his MA in expressive art therapy at Lesley University in Boston in 1995 and currently living in Israel. Since then he has been working with children and adults mainly focusing on trauma and p.t.s.d. In the last ten years he is practicing therapy with families and an individual going through cancer treatment and provides near death support to the family. In his work he uses expressive therapy to support the treatment and encourages his patients to strengthen their vitality. In his work shop he will let us experience the potential that expressive therapy has for cancer therapy.

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