



## *How can I start? How to go forward after the trauma of cancer diagnosis*

# **Judith Edwards**

*Cansurviving.com, UK*

For any person, a cancer diagnosis is a shock and a trauma. Any shock stops thinking, and for a time, the shock of diagnosis can paralyze a person's capacity to carry on in a constructive way with the next part of their life. This short talk, based on the international group built site [www.cansurviving.com](http://www.cansurviving.com), will discuss ways of proceeding and will explore complementary and alternative treatments to aid the healing process. Why me? May be a question; and help! 'What can I do now? For the understanding of those who have built this site, starting from the site founder Judith Edwards onwards, both the development of cancer and the kick-starting of the healing process is a multi-factorial issue, and there are no cast-iron guarantees offered in any route, orthodox or alternative. What is vital is for a renewed sense of self-empowerment to grow, despite inevitable setbacks, in order for body, mind and spirit to be parts of the healing process. As a psychoanalytic psychotherapist for over 30 years, I have found the processes of being contained, and thus being able to engender one's own sense of hope and empowerment, to be constructive and indeed vital for change and growth to take place. This talk will open doors to different ways of thinking which can be used together to aid both physical and mental health.

### **Biography**

Judith Edwards is a Retired Consultant Child and Adolescent Psychoanalytic Psychotherapist, who lectures and teaches around the world and has been published internationally. Her book of selected papers "Love the Wild Swan" will be published in Routledge's World Mental Health series in November 2016.

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