

Exploring the Often Unspoken Effects of Breast Cancer

- Cordelia Calgut



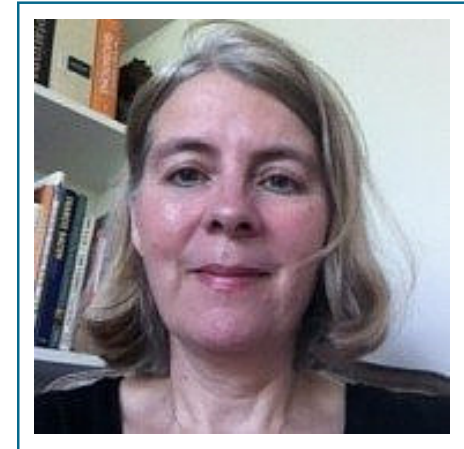
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RESOURCE GUIDE

About Cordelia Calgut

BPS chartered psychologist, HCPC registered counselling psychologist, and BACP senior accredited counsellor/psychotherapist

I work in private practice and am the author of two books: The Psychological Impact of Breast Cancer: a psychologist's insights as a patient (Radcliffe Publishing, 2011) and Emotional Support through Breast Cancer: the alternative handbook (Radcliffe Publishing, 2013).



Cordelia Calgut

www.emotionalsupportthroughbreastcancer.co.uk

www.cgalgut.bacp.co.uk



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Resources

Emotional Support Through Breast Cancer

Introduction

The shock of being diagnosed with breast cancer is hard to describe in words, as anyone who has had to suffer this diagnosis knows. Until it happens to you, you cannot really know how it feels. Not only do we have to deal with the diagnosis and subsequent treatments, but we also have to deal with the fact that breast cancer profoundly affects how we feel about ourselves as women.

I know this because I am a counselling psychologist who has also had breast cancer. I was diagnosed with bilateral breast cancer nine years ago, at the age of 49, so I do understand first hand what it's like to find out you have this disease, and what it's like to live with it over time.



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Resources - Websites Links

[Macmillan Cancer Support](#)

[Healthline - Breast Cancer](#)

[Breast Cancer Care](#)

[Breastcancer.org](#)

[CANCERactive](#)

[Cancer Research UK](#)

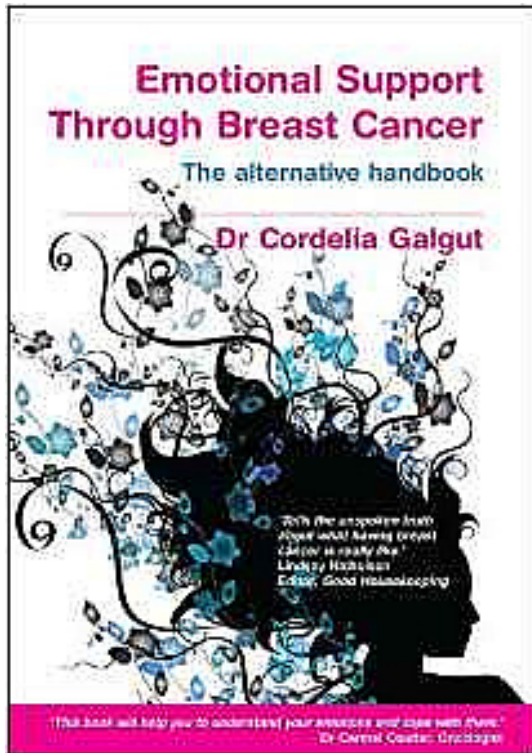
[Maggie's Centres](#)

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Reading

Emotional Support Through Breast Cancer



This compassionate guide presents an array of new perspectives on the emotional effects of breast cancer and includes many personal testimonies from women who have been diagnosed with this disease. Written by a breast cancer survivor and practising psychologist, it shares practical ideas to help support sufferers at all stages, be it at diagnosis, during treatment or during life after the initial treatments are over. The concise, easy-to-read format includes exercises to develop an acceptance of thoughts and feelings, whilst the individual accounts validate the multitude of emotions felt by sufferers. It is a must for all breast cancer patients and sufferers, their families and friends. Its real-life approach, using first hand accounts, is also highly recommended for all health and social care professionals wanting a fresh approach to managing the emotional impacts of breast cancer. The shock of being diagnosed with breast cancer is hard to describe in words, as anyone who has had to suffer this diagnosis knows. Until it happens to us, we cannot really know how it feels. Not only do we have to deal with the diagnosis and subsequent treatments, but also we have to deal with the fact that breast cancer profoundly affects how we feel about ourselves as women. From the Introduction

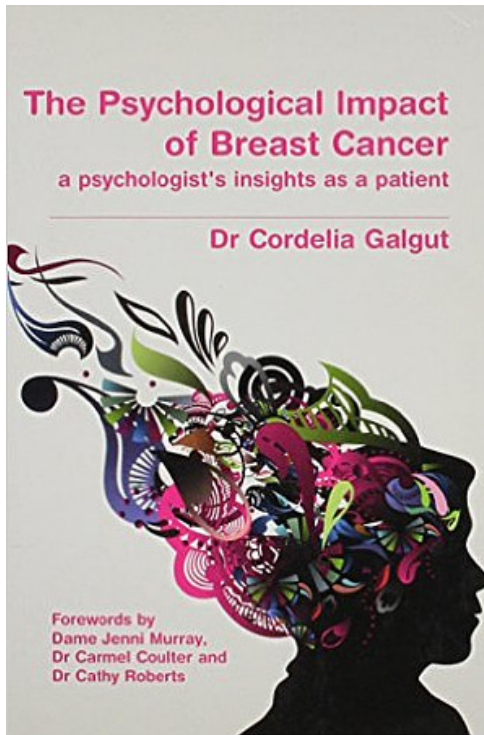
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Reading

The Psychological Impact of Breast Cancer: A Psychologist's Insight as a Patient



'It's rare to find a professional in the field of health care who understands the psychology of such a frightening experience and who has also been through it herself. Cordelia's book will ring true to every woman who has experienced breast cancer and will, I hope, offer insight to doctors and nurses.' - From the foreword by Jenni Murray OBE

What is it like to experience breast cancer? This book presents rare and valuable insights into the impact of diagnosis, treatment and prognosis from a woman who has experienced breast cancer as both patient and as health professional. It informs and educates readers about the psychological realities of living with breast cancer, of treatments such as surgery and radiotherapy, and the impact of social and historical attitudes to the breast and breast cancer on a woman's experience of the disease. The conflicts Cordelia Galgut experienced between conventional wisdom and her own first-hand experience are explored vividly and reflectively. The Psychological Impact of Breast Cancer is vital reading for medical and mental health professionals and trainees working with breast cancer patients, and for those who are affected by or have an interest in the condition. '.....

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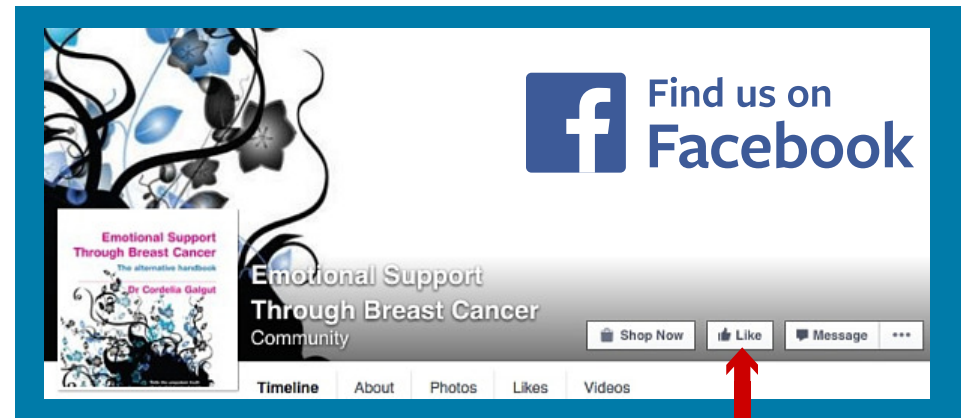
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