

## **Counseling Women With Breast Cancer: A Guide For Professionals (Women's Mental Health And Development)**

Breast cancer affects everyone it touches, whether firsthand or through the life of a loved one. Counselor and teacher Yvonne Ortega discovered this when she was diagnosed with breast cancer and began her journey. In *Finding Hope for Your Journey through Breast Cancer*, she shares with readers her personal triumphs and setbacks with humor and refreshing candor, always reminding us of God's desire to meet us exactly where we are. In this repackaged book, sixty devotions are divided into sections--diagnosis, surgery, treatment, and recovery--each incorporating Scripture into daily life. It also includes a new chapter on living with the possibility that cancer may return. Ortega's attention to even the most basic hopes and fears that a cancer patient faces each day offers encouragement that can come only from one who has been there herself.

The *Handbook of Counseling Women* addresses current theories, research, and issues relevant to the mental and physical well-being of women. Edited by Mary Kopala and Merle A. Keitel, this comprehensive volume is divided into three parts. Part One focuses on theoretical, sociocultural, biological, and developmental considerations. Part Two is devoted to assessment, diagnosis, and intervention. Part Three covers supervision, research, and ethics. Most chapters include case studies, recommendations for further reading, and resources for clients. Essential reading for psychologists, social workers, counselors, and psychiatric nurses, this handbook will also appeal to graduate and undergraduate students in counseling, clinical psychology, and clinical social work courses.

This book portrays the personal experience of breast cancer through the stories of three women and their partners. The combination of emotional and factual information on the disease, treatment options, and health promotion strategies makes this important reading for health professionals and their patients. It is derived from a major NYU nursing study of 121 couples. Each chapter is followed by study questions and a knowledge review, which can be used in patient education. An overview of the NYU study is given as well as a list of relevant Internet sites. A companion video series is also available.

Reducing Breast Cancer Risk in Women

Finding Hope for Your Journey through Breast Cancer

Breast Cancer Awareness For WwDs

Effect of a Counseling-education Intervention on Psychological

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and Immune Measures in Women at High Risk for Breast Cancer  
Psychosocial Clinical Practice Guidelines  
Patient Preferences for an Appropriate Time for Cancer Genetic  
Counseling and BRCA Testing for Women Diagnosed with Breast  
Cancer

At last, here is a comprehensive guide for practitioners who work with breast cancer patients and their families. It includes a series of psychosocial interventions to be used with couples during early stage breast cancer. There is extensive evidence that emotional and social support positively influences women's abilities to cope to breast cancer. The first person that a woman with breast cancer turns to for support is her husband or intimate partner. However, as partners of breast cancer patients are struggling with their emotional distress, they often feel inadequate about their ability to help their wives and partners cope. It is important for practitioners to understand this concept of twofold stress.

This extraordinary resource celebrates and expands on Dr. David Spiegel's discovery that a shared intimacy with mortality creates very different concerns in the patient from those that apply in conventional settings. Spiegel and Classen introduce mental health professionals to the awareness as well as the tools they will need to facilitate groups coping with existential crises. The result is a model for helping that actually helps.

In Meeting Psychosocial Needs of Women with Breast Cancer, the National Cancer Policy Board of the Institute of Medicine examines the psychosocial consequences of the cancer experience. The book focuses specifically on breast cancer in women because this group has the largest survivor population (over 2 million) and this disease is the most extensively studied cancer from the standpoint of psychosocial effects. The book characterizes the psychosocial consequences of a diagnosis of breast cancer, describes psychosocial services and how they are delivered, and evaluates their effectiveness. It assesses the status of professional education and training and applied clinical and health services research and proposes policies to improve the quality of care and quality of life for women with breast cancer and their families. Because cancer of the breast is likely a good model for cancer at other sites, recommendations for this cancer should be applicable to the psychosocial care provided generally to individuals with cancer. For breast cancer, and indeed probably for any cancer, the report finds that psychosocial services can provide significant benefits in quality of life and success in coping with serious and life-threatening disease for patients and their families.

Meeting Psychosocial Needs of Women with Breast Cancer

Understanding Women's Recovery From Illness and Trauma

Counselling Services for Women with Breast Cancer

Group Psychotherapy for Women with Breast Cancer

60 Inspirational Readings

Facilitating Breast Cancer Genetic Counseling Through Information, Preparation and Referral: A Pilot Program Using the Cancer Information Service

Abstract: Millions of women are diagnosed with breast cancer every year in the United States. In San Bernardino County breast cancer rates are increasing each year among Asian American women. It is considered to be the second leading cause of death compared to other cancers among Asian women. In the Inland Empire, there is a lack of health services aimed specifically at Asian Americans. The foundation aspires to be culturally competent and bring breast cancer awareness to all women. Through an expansive service that includes a navigation program lead by breast cancer survivors, outreach to local health care institutions for breast cancer screenings, as well as offering mental health counseling and

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seminars to help women and their families cope with their diagnosis as well as post-treatment care. The Breast Cancer Foundation for Asian American Women (BCFAAW) is a not-for-profit organization that aims to provide education, support, and advocacy for the Asian community throughout the Inland Empire.

Now in this, its second edition, this fully revised clinical guidebook is an essential resource for the practitioner, allowing quick, authoritative access to the latest and best in multimodality therapies. Topics covered in this volume include everything from screening for early detection of breast cancer, through diagnostic radiology and ultrasonography, to post-treatment rehabilitation, symptom management and quality of life. Two new chapters on molecular prognostic and predictive markers, and sexuality and fertility issues in women with breast cancer, have been added. This is the 7th volume in the M.D. Anderson Cancer Care Series, featuring the best standard treatment protocols from the experts at M.D. Anderson Cancer Center. This study examined the relationships among nurses' exercise beliefs, personal experience with exercise, and exercise counseling behaviors for women with breast cancer experiencing cancer related fatigue. The following hypotheses were formulated based on the theorized relationships of the Common Sense Model: 1) personal experience with exercise and exercise benefits beliefs are positively related to exercise counseling behaviors; 2) exercise barriers beliefs is negatively related to exercise counseling behaviors; 3) personal experience with exercise is positively related to exercise benefits beliefs and negatively related to exercise barriers beliefs; 4) exercise benefits beliefs and exercise barriers beliefs mediates the relationship between personal experience with exercise and exercise counseling behaviors. The Exercise Benefits Beliefs scale, the Exercise Barriers Beliefs scale, and the Exercise Counseling Behaviors scale were developed for this study. The Godin Leisure Time Exercise Scale was used to assess nurses' personal exercise behaviors. Data were collected from a convenience sample (N = 126) recruited through the use of an E-mail list of registered nurses enrolled in the Oncology Nursing Society (ONS) and working in oncology settings. A descriptive correlational design was used. Only the relationship between exercise barriers beliefs and nurses' exercise counseling behaviors was supported,  $r = -.31$ ,  $p$

Helping Couples Cope with Women's Cancers

Cancer Worry, Psychological Distress and Risk Recall Accuracy

Providing Information, Support and Counselling for Women with Breast Cancer

Strengthening the Future of the Profession

BRCA Mutation Counseling in Women with Breast Cancer in Situ

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**The first book to give women the tools they need to realistically assess their risk of getting breast cancer--and choose the best course of action Ask women what their number-one health fear is and most will not hesitate before answering "breast cancer." The recent proliferation of easily misunderstood and often contradictory statistics about breast cancer and its causes, however, is scaring many women who have only a small risk of contracting the disease. Assess Your True Risk of Breast Cancer is designed to help women evaluate what their risk really is and then determine what the next step should be based on that risk. Written by a leading expert in the field, the book discusses everything from studies on how age and family history relate to breast cancer risk, to those on hormone replacement therapy and breast cancer, enabling a woman to**

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understand and focus on her own personal situation. Whether providing advice on how to get more extensive testing, counseling, and preventative measures when necessary, or offering the welcome assurance that the risk is small enough to warrant just annual checkups, mammograms, and regular self-examinations, *Assess Your True Risk of Breast Cancer* replaces rumors and scare tactics with solid, practical, and vital information.

The purpose of this investigation was to explore how participants' language use during counseling (overall emotional expression, positive emotional expression, and communal coping, or "we-talk") was associated with superior adjustment, as measured by four psychosocial outcome variables (depression, positive affect, negative affect, and relationship satisfaction); as well as to identify the key concerns of dyads with cancer, how concerns differed by role and sex, and if they were associated with participants' well-being. The present study was a content analysis of the counseling sessions of 43 dyads (N = 86) with breast and prostate cancer. Using a multi-method approach, the audio recordings of 228 counseling sessions were transcribed and analyzed linguistically (quantitatively) and thematically (qualitatively). Results of the linguistic analyses revealed that participant's use of "we-talk" had the most consistent and beneficial effect on outcomes; specifically improved depression, negative affect, and relationship satisfaction. These findings suggest that it might not be as important how much a person expresses themselves emotionally, but rather, whether they have a close relational partner that they see as an instrumental part of their coping process and significantly intertwined in their life, which is reflected in their language use of communal coping. Results of the thematic analyses revealed that survivors' concerns were more focused on cancer and treatment related issues, whereas partners' concerns centered on the well-being of their spouse/partner with cancer, and what they were doing to help their loved one cope with his/her illness. The overarching key concern that was intertwined in participants' discourse was frequent discussion of relationship maintenance, negotiation, and communication issues. In addition, discussion of these concerns showed greatest benefits for women with breast cancer. The findings of this study has implications for counselors and clinicians in that language use and topics discussed during counseling have the potential to increase psychosocial adjustment for dyads coping with cancer. The general discourse of survivors mirrored that of their partners, which indicates that helping to modify or change how one person speaks, has the potential to influence how their partner talks as well; which has implications for the well-being of both dyad members.

The present study aims to increase a woman's knowledge of: (1) the factors that determine genetic predisposition to breast/ovarian cancer, (2) personal family history and other risk factors, (3) the benefits and drawbacks of genetic testing for breast/ovarian cancer, (4) the range of surveillance and preventive behaviors available and, (5) the process of genetic testing. Participants will be 200 women who have contacted the Cancer Information Service (CIS) requesting information

on inherited breast/ovarian cancer. Women will be randomly assigned to a standard or enhanced intervention testing the effectiveness of the CIS in increasing a woman's knowledge of inherited disease, risk assessment and genetic testing. As planned, this first year was dedicated to a formative evaluation of the informational/emotional needs of women pursuing risk assessment services. The structured interviews and focus groups conducted with women from the lay population, women at high risk and genetic counselors informed the development of the enhanced intervention. The interviews/groups supported previous research demonstrating that women are unprepared for and have limited knowledge about the process and outcomes of risk assessment for genetic predisposition to breast/ovarian cancer. A comprehensive training program and formalized standard protocol will ensure competence and consistency when accrual begins in the Fall.

Journey to Recovery

Women Receiving Genetic Counseling for Breast Cancer Risk

A Content Analysis of the Counseling Sessions of Dyads with Breast and Prostate Cancer: Linguistic Predictors of Psychosocial Adjustment and Thematic Analysis of Key Concerns

A Guide for Professionals

The Healing Power of Reflection

Psychobehavioral Impact of Genetic Counseling and Breast Cancer Gene Testing in Healthy Women of African Descent

*"This publication is a testament to how far the field of genetic counseling for breast cancer susceptibility has advanced since the mid-1990s, following the cloning of two major breast (and ovarian) cancer susceptibility genes, BRCA1 and BRCA2. For women who test positive, several recent studies confirm what we suspected early on namely that prophylactic mastectomy and oophorectomy confer significant protection against the development of breast and ovarian cancer. Ongoing research to develop better screening measures for ovarian cancer is especially critical now given the substantial number of women who are identified by BRCA1/2 positive status as being at high risk for this disease. In addition, we are learning more about other genetic contributions to familial breast cancer risk including low penetrance gene mutations, SNPs (single nucleotide polymorphisms) and mutations in modifier genes. In this continuum of learning and awareness, it is the shared efforts of policy-makers, researchers, healthcare providers, theologians, ethicists, consumers, and others who will navigate us through and beyond the genetics nexus. As a community, we have a window of opportunity to embrace lessons learned from cancer genetic counseling and extrapolate them to other pursuits of genetic knowledge."*

*Breast cancer is not only a burning public issue, but very soon we shall see genetic testing for a woman's predisposition to breast cancer. Many women will be demanding to know their degree of risk and will need counselling to cope*

*with that information. This book is particularly aimed at primary health care professionals, including physicians, medical assistants, nurses and counsellors, who daily deal with questions from women concerned about their risk of developing breast cancer. To answer such questions, this book has combined a guide to identifying women at higher risk to breast cancer, with a balanced review of approaches which aim to reduce that risk. The book provides practical general measures which may reduce risk for women at average risk. For women at clearly increased risk various protective options with different levels of efficacy and acceptability are discussed. Central to the book is the patient-centered view. We need to face reality that it still will take many years before the current clinical trials of preventive measures provide meaningful results. Meanwhile, women who seek to diminish their risk of breast cancer need all the available information. They must be given full responsibility to make an informed decision on their own health care. Reducing Breast Cancer Risk in Women is a practical handbook, technicalities have been deliberately kept to a minimum, making it concise and easy to read. This contributed book covers all aspects concerning the clinical scenario of breast cancer in young women, providing physicians with the latest information on the topic. Young women are a special subset of patients whose care requires dedicated expertise. The book, written and edited by internationally recognized experts who have been directly involved in the international consensus guidelines for breast cancer in young women, pays particular attention to how the disease and its planned treatment can be effectively communicated to young patients. Highly informative and carefully structured, it provides both theoretical and practice-oriented insight for practitioners and professionals involved in the different phases of treatment, from diagnosis to intervention, to follow-up - without neglecting the important role played by prevention.*

לאטיו מייח יבר

*Handbook of Counseling Women  
Breast Cancer*

*A Model for Counseling Women with Breast Cancer in Conjunction with  
Conventional Medical Treatment*

*DECISION MAKING OF WOMEN WITH EARLY STAGE BREAST CANCER: A  
QUALITATIVE STUDY OF TREATMENT CHOICES (HEALTH, COUNSELING).*

*Group Therapy For Cancer Patients: A Research-based Handbook Of  
Psychosocial Care*

**This Handbook is meant to help females with disabilities and their care givers for making them aware of the risk factors of breast cancer and how they can examine themselves. There is an equal risk of breast cancer for women with disabilities as it is for non-disabled women. But the challenges we face for detecting, controlling, and treating it are often greater than**

those of non-disabled women.

The author of this volume draws on real life experiences to present a practical guide to the 'why' and 'how' of human responses to illness. Margaret Kearney provides practical help to counsellors who may not have been exposed to many aspects of women's experiences of illness; draws extensively from the research literature and her own nursing experience to identify the common ground of women who have moved through the difficulties of illness to satisfactory outcomes.

This comprehensive guide for mental health practitioners and medical professionals addresses the delicate issues surrounding breast cancer and the processes involved in emotional coping and healing. The book covers concerns of family members as well as women worried about developing breast cancer.

**Relationships Among Nurses' Exercise Beliefs, Personal Experience with Exercise, and Exercise Counseling Behaviors for Women with Breast Cancer Experiencing Treatment-induced Cancer-related Fatigue**

**Assess Your True Risk of Breast Cancer**

**Genetic Counseling in Breast Cancer**

**An Evidence-Based Approach for Practitioners**

**Breast Cancer in Young Women**

**Introduction by Susan M. Love**

*This book, written by global experts in the field, provides a thorough overview on fertility and pregnancy challenges and solutions in women who are being or have been treated for cancer. The book addresses several topics, including pregnancy outcomes after a cancer diagnosis, the impacts of systemic anticancer therapy on fertility, the essentials of fertility preservation approaches in cancer patients, and fertility counseling. This is in addition to controversial topics like the role of ovarian stimulation in breast cancer patients, fertility preservation in cancer patients with BRCA mutation and the evolving role of GnRH analogues. Within this context, key open questions are discussed with reference to the latest evidence. The aim is to provide clinicians with a reliable resource that documents the most up-to-date knowledge on the feasibility and safety of the different approaches to fertility preservation and on the management of female cancer patients who would like to preserve fertility and achieve a pregnancy following their treatment.*

*Psychosocial clinical practice guidelines: providing information support and counselling to women with breast cancer.*

*Adjuvant treatment is administered prior to or as follow up to surgical procedures for breast cancer. Proven success in using medical therapies allowing for breast conserving procedures or reducing risk of occurrence. Although there has been much progress towards a cure, including the introduction of new targeted therapies, metastasizing cancer remains highly incurable.*

*A Guide for Therapists*

*Women's Perception of Treatment Choices and Counseling for Early Breast Cancer*

*Keeping You Abreast*

*Counseling Women*

*Identification of Decision Making Factors and Barriers to Genetic Counseling in Women with*

*a Family History of Breast Cancer*

*Counseling Women with Breast Cancer*

Recent molecular studies have identified two large genes, *BRCA1* on chromosome 17 and *BRCA2* on chromosome 13; mutations in these genes are now thought to be responsible for the majority of breast cancer cases in families with four or more affected relatives (Ford et al., 1995). Depending on the population studied, women with mutation in *BRCA1/2* have 40% to 85% cumulative risk of developing breast cancer and 5% to 60% cumulative risk of developing ovarian cancer (Struewing et al., 1997; Whittemore et al., 1997; Schrag et al., 1997). There are several benefits associated with genetic testing for breast cancer susceptibility (Baum et al., 1997). For example, women found to be mutation carriers can increase the probability that breast cancer will be detected at early stage by increasing their breast cancer surveillance behavior and women who learn that they do not carry a cancer-predisposition mutation may experience relief and improvements in quality of life (Baum et al., 1997). However, genetic testing can also have adverse psychological consequences including loss of insurance, stigmatization, and increased psychological distress (Croyle et al., 1997; Bankowski et al., 1991, Holtzman, 1989). Most of the studies of the impact of counseling and genetic testing have

Containing information about the group therapy process, this title discusses the various experiences of breast cancer patients and supplies tools that both relatively new and seasoned therapists can rely upon when beginning new groups. While providing a clinical framework for health professionals who wish to offer group psychosocial support to breast cancer patients, the manual trains therapists to help group members adjust to the diagnosis of breast cancer, cope with treatment, and adjust to living with cancer through considering its impact on their lives. Used in concert with its companion book for group participants, *The Breast Cancer Notebook: The Healing Power of Reflection*, this clinician's guide offers a set of useful tools to help therapists create powerfully healing environments.

This is a journal tool for women who have chosen to participate in group counselling after receiving a breast cancer diagnosis. Conveying respect for and knowledge of the varieties of experience a breast cancer diagnosis can bring, it challenges the reader to delve into her individual experience.

*The Breast Cancer Notebook*

*Counseling Leaders and Advocates*

*Self-reported Physical and Psychosexual Effects and Implications for Counseling*

*Adjuvant Therapy for Breast Cancer*

*Psycho-social Interventions in Oncology*

*Fertility Challenges and Solutions in Women with Cancer*

**frames were established by five empirical characteristics: age, conflict, information, risk, and deliberation.**

**This text challenges readers to reflect on what they want to accomplish in their own careers and offers a behind-the-scenes look at becoming an effective leader and advocate. The authors provide information essential to the growth and development of counseling leaders and give newer professionals a clearer sense of what leadership and advocacy look like on the job. After a current perspective on what ethical and culturally responsive leadership entails, 13 counseling leaders—both long established and emerging and representing a wide range of cultural and intersectional backgrounds—share their unique stories in poignant personal profiles. The final section of the text highlights pertinent themes in the profiles and explores implications to strengthen the future of the profession. \*Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) \*To purchase**



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**Breast Cancer Foundation for Asian American Women  
Women in Breast-cancer Treatment with Tamoxifen  
Counseling women with breast cancer**