

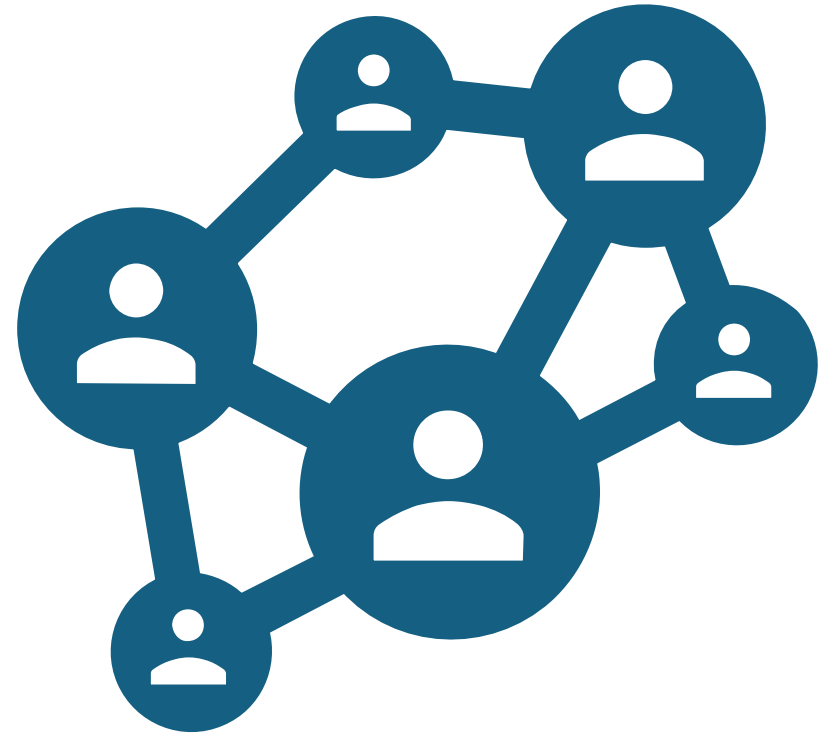
Cancer & Relationships:

Challenges & Coping Strategies

Relationships

What types of relationships exist?

- ✓ Personal
- ✓ Professional
- ✓ Social & Community
- ✓ Transactional
- ✓ Digital/Online
- ✓ Therapeutic/Healing/Spiritual





Changing Social Roles
& Dynamics



Discovering your
"new" Self



Adjusting to Change
(or the same old,
same old)

Changing Social Roles & Dynamics

- ROLES:

- Student-Patient
- Parent-Patient
- Caregiver-Patient

- IDENTITY:

- Healthy-Sick
- Independent-Dependent
- Outgoing-Isolated

- DYNAMICS:

- Communication
- Conflict
- Triangulation

Discovering your "new" self

Who am I, Who was I,
Who will I become?

What is different?

- emotionally, spiritually, financially, educationally, etc.

Take Home Tool:
Grief & Relief

Adjusting to change (or the same old, same old)

- Change is the only constant in Life?...or is it?
 - Expectations of yourself and others?
 - Pleasantly surprised or predictably disappointed ?
 - Goodbye Old...Hello New

Communication in Relationships



Relationship Green Flags



Strategy of Support

- ✓ Who do you go to for support?
- ✓ What are their strengths?
- ✓ Who else can you tap into for support?

- Partner
- Family
- Friends
- Higher Source
- Professionals
- Peers
- Animals
- Journals



Questions & Answers

Thank you

Kristy Case, LCSW, OSW-C

KristyCase.com

Kristy.Case@gmail.com

201-371-3054