



Zentrum für  
Integrative Onkologie

Hämatologie Onkologie Palliative Care

## PSYCHO-ONCOLOGY

*Find courage, overcome fears, and set goals*





« It feels good to be heard and understood »

## psycho-oncology

At our center, we treat cancer patients in all stages of the disease. It is important to us to focus on body, spirit, and mind of the patient and to support patients on their individual journeys through the disease and its treatment the best way possible. Spiritual wellbeing is the foundation of successful therapy. We therefore offer you, your relatives, and those closest to you psycho-oncological support. It is a significant part of our integrative treatment concept. The content of this support is not determined and depends entirely on your personal needs.



## Why psycho-oncology?

A cancer diagnosis has a profound existential impact on most people. The disease itself as well as medical treatments can be associated with multiple physical, mental, and spiritual stresses.

From one day to the next, a cancer diagno-



sis forces many patients and their relatives to face basic questions of human existence. Anxiety, depression, relationship problems, or sudden financial and professional limitations may arise.

## Consultation

A team of specialty-trained professionals with many years of experience in dealing with cancer patients is available to you. They can provide consulting services and help you ascertain your particular situation, including not just your needs and problems, but also your personal resources. Preserving and fostering these resources in the sense of «helping you help yourself» is our main focus.

It is our objective to help you find a constructive means of dealing with the disease and your changed living situation, and to help you get reoriented. Questions and concerns regarding cancer and cancer therapies can be openly discussed and resolved. We can refer you to additional support options and contacts upon request.

Psycho-oncological consulting can be conducted at certain points during your course of therapy or at regular intervals in the sense of coaching.

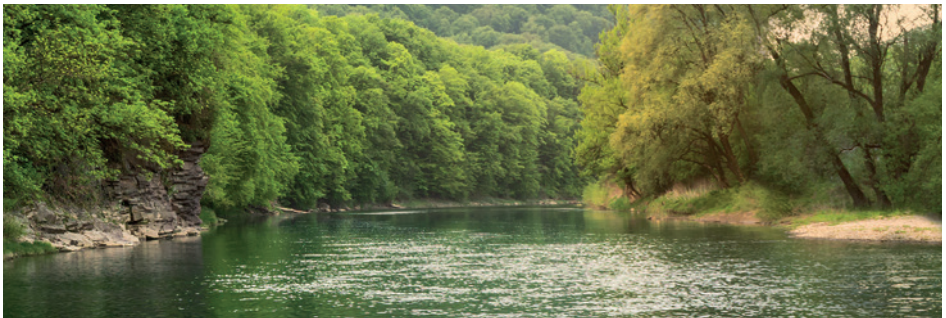
## Therapy

If more intensive psychotherapeutic support is desired or required, a team of specialty trained physicians and psychotherapists is available to you.

Therapeutic support may include:

- Psychotherapeutische Psychotherapeutic crisis intervention
- Individual sessions of psychotherapeutic therapy
- Couples therapy
- Biographical work
- Logotherapy / existential therapy
- Medication-based therapy

Often, being confronted with cancer leads to contemplation of the order of the universe and profound existential questions. We are available to address even these questions anytime.



## Locations/Contacts

### ZIO Zürich

Hardturmstrasse 133  
CH-8005 Zürich  
Telefon +41 44 448 30 00  
info@integrative-onkologie.ch

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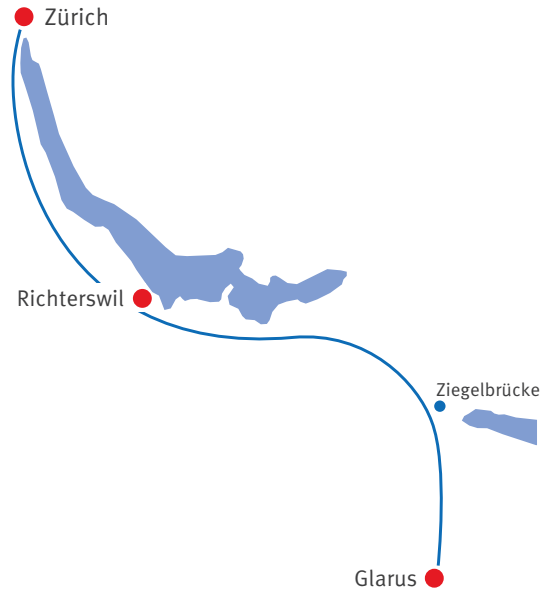
### ZIO Paracelsus-Spital Richterswil

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### ZIO Glarus

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