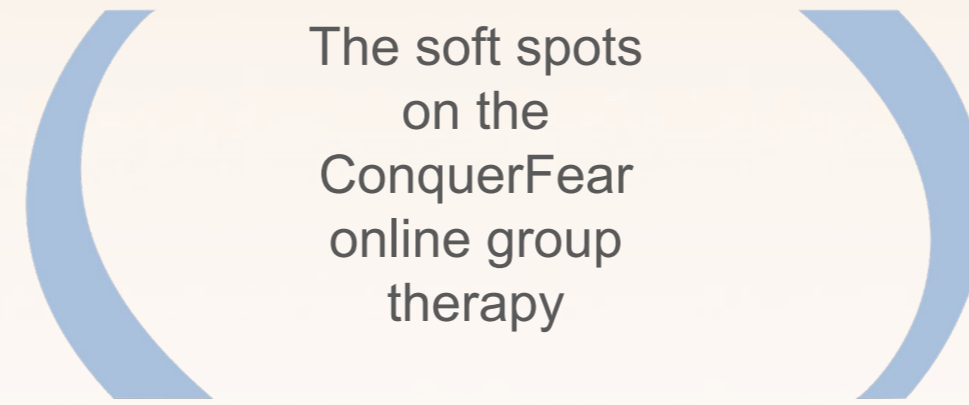


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The soft spots
on the
ConquerFear
online group
therapy

EVGENIIA ANANEVA

Russian
experience
METHODOLOGY

IMPACT OF
PRACTICE

BACKGROUND

There are about 3 years of experience of online group therapy for survivors suffering from the fear of cancer recurrence.

This program is realized by the non-profit organization Charity Foundation Further, where are psychologists and medical doctors support women with breast and gynecological cancer.

There have been provided face-to-face groups before pandemic and online based after it

- psychological assessment before the group therapy
- psychological assessment after 3-6 months
- Canadian training program to conquer fear of recurrence
- limit the group size to not more than 7 women

Soft spots



- Patients need to clarify some points of theory in person (to read or to watch video is not enough)
- The live discussion helps to ground the theory to personal experience
- Patients often fight back to go to a fear exposure and need personal support in this process
- Patients ask about support meeting after training for the acquisition the new skills
- Some candidates couldn't be approved for the group training due to they need psychiatrist's medical help

SUMMARY

The soft spots which we observed are the points of growth for digital support for survivors who are suffering from the fear of cancer recurrence.

Russian background maybe not be unique as a cultural distinguishes. Our outputs may be checked in other countries with other nationalities.

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IMPACT OF PRACTICE

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