

## WHERE DID EVERYBODY GO? WORKING WITH ANXIETY WHEN CANCER TREATMENT ENDS

**Anne Pitman<sup>1\*</sup>, Rabia Wilcox<sup>1</sup>**

1\* Corresponding author: Ottawa Integrative Cancer Centre, Ottawa, ON, Canada  
APitman@oicc.ca

**A**nticipating the end of cancer treatment, we think we will be nothing but relieved. In most cases, there is significant relief, but also significant fear. To add to the difficulty, when cancer treatment finishes, so do most supportive programs. People expect us to be “back to normal” now that we “have our life back”, even though our perspective on life may well have changed during the process of cancer treatment. Ultimately, we can feel quite alone, worried about the cancer coming back and not being sure how to live this new reality.

This workshop invites practicing psychosocial clinicians and allied health professionals to learn to integrate a host of effective holistic techniques to patients and caregivers at this uniquely stressful time. In this experiential workshop learn body-centered tools to soften the fear of recurrence, re-balance the nervous system and help people both settle and thrive into this “new normal” life. ■