

HEALTH – BELGIUM: Cancer patients

SUMMARY

A multi-year programme for people affected by cancer, starting in 2018 in Belgium, in collaboration with cancer support centres.



Where

Support centres for patients affected by cancer (Belgium)



When

From 2018 onwards



Type of mission

Group art therapy intervention



Participants

Adults affected by cancer

CONTEXT & OBJECTIVES

The World Health Organisation recognizes mental health as an essential pillar of general health care: “There is no health without mental health”. Similarly, it is now widely accepted that strengthening the psychological wellbeing of cancer patients during and after their treatment through supportive care is essential in the fight against the disease.

Clinical studies suggest that art therapy decreases patient distress, helps reduce fatigue and significantly improves levels of cancer-related pain, mood and anxiety, regardless of gender, age or diagnosis.

The project aims to offer participants a space where they can :

- distract themselves from overthinking, reduce anxiety, relax;
- express their emotions, be emotionally supported, improve their mood;
- consider new perspectives, instil hope, reconnect with their creativity;
- develop coping skills;
- improve their relationships with relatives and carers;
- develop their ability to make choices, to realign with themselves;
- know themselves better, to have a greater self-awareness and to strengthen one's self-image;
- increase their quality of life.

THE RED PENCIL (EUROPE)

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When we rescue the child,
we save the adult

IMPACT

"I would recommend the art therapy workshops, which have their place and are of great help in the context of cancer." Vivian, participant

"The art therapy sessions bring a lot; they allow you to develop a form of letting go through and they help to manage emotions in a different way to those traditionally offered." Maud, participant

Do also watch this video: <https://youtu.be/bv2Sjw1iOP0>