



The Healing Journey - Core and Educational Programs

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

The Healing Journey is a multilevel program designed to guide and support people who choose to actively engage in their own process of healing. Based on more than 25 years of research and practice, the program provides guidance within a group setting for psychological and spiritual exploration. The Healing Journey Program offers simple, effective tools and strategies that, when mindfully practised, support healing, harmony and inner peace.

Benefits and Impact

Research indicates that individuals who regularly practise these methods can significantly diminish anxiety and depression, experience a restored sense of control, and relieve symptoms such as fatigue, nausea and pain. Clinical experience indicates that active involvement in psychological and spiritual self-help work can prolong and improve quality of life.

What to Expect at a Session

The healing process is unique to each individual and this program provides a safe and confidential space for members to explore, share, question, listen and just simply be. Participants are guided toward self-awareness and stress management through the practices of thought watching, imagery, journaling, meditative techniques, group discussion and goal-setting. Members experience the emergence of a supportive, healing community that offers the opportunity, and enhances the potential for individual growth rooted in choice and possibility. As the program levels progress, participants explore more in-depth conversations and readings on meaning and fulfillment in life choices.

Participant Comments

"This sustained focus on self-discovery and understanding for the purpose of healing and transitioning to a truly 'healthy' person (in mind, body and spirit) has been invaluable for me. The Healing Journey courses have allowed me to mindfully and compassionately rebuild much of my life."

"I especially enjoyed our discussions and felt very safe in expressing myself."

"I am beginning to come to terms with my new life."

What the Research Says:

McCorkle et al. 2011 reviewed 17 randomized control trials examining the effects of self-management programs for adult cancer patients. Self-management is the ability to manage one's medical and psychological symptoms and life roles by utilizing skills such as communication, problem solving, decision-making, resource utilization, self-monitoring, and shifting one's perspective from illness to wellness. The self-management programs analyzed by McCorkle et al. varied in duration and format, ranging from a few minutes via pre-recorded audiotapes and telephone communication to weekly 90 minute group-sessions. Overall, it was found that patients who participated in self-management programs reported benefits such as decreased pain, fatigue, hopelessness, negative appraisal of their illness and increased self-confidence, quality of life, and ability to perform self-care (McCorkle R, Ercolano E, Lazenby M, Schulman-Green D, Schilling L, Lorig K, Wagner E. 2011. Self-Management: Enabling and Empowering Patients Living With Cancer as a Chronic Illness. CA: A Cancer Journal for Clinicians. 61(1):50-62).

Program Frequency:

Level 1: 1.5 hours per week (4 wks)
Level 2-5: 2 hours per week (8-10 wks)
winter, spring, summer as attendance dictates

Related Programs:

Brain Fog
Living Well with Cancer
Money Matters
Take Charge: Build Your Personal Action Plan
Ultimate Road Trip: Book Discussion