

Cancer Survivor Workshop

Creative Healing: Healing from the Inside

October 26, 2008 9:00 to 4:30

There is no charge for the workshop. Since space is limited, registration is required.
Please call 650 988 8011.

El Camino Hospital, Back of Cafeteria (ground floor)
Presented by Buchholz Medical Group and El Camino Cancer Center

In the crisis atmosphere of a newly diagnosed cancer and the flurry of treatments directed at the cancer, patients may realize that *something else* is necessary. For some, the *something else* is obvious: the need to change diet, lifestyle, handle stress, etc. For others the internal voice is not so clear and they have to search for answers. For everyone, to become whole and healthy, two additional things are necessary:

- You must connect with an authentic self as the source of the energy and motivation to sustain healing.
- You have to be creative to overcome problems whose solutions eluded you before the cancer.

In this hands-on workshop a panel of artists and teachers will lead you through a series of exercises to bring you closer to your authentic self, the one who instinctively knows what you need to become healthy, and help you express your creativity through art, poetry, story telling and movement.

Learn to:

Regain your power by connecting to your healthy self
Go beyond the limits of cultural and personal cancer myths
Renew your creative skills and find new answers to old problems

Leaders include:

- **William M. Buchholz, M.D. Medical Oncologist**
- **Susan W. Buchholz, Ph.D. Clinical Psychologist**
- **John Fox, Poetry Therapy**
- **Allan Chinen, MD, Psychiatrist, author, specialist in adult folktales**
- **Jeanne Fournier, Guided imagery and hypnotherapy**
- **Kait Philbin, Ph.D. Psychologist, Kripala Yoga instructor**
- **Peter Giordano, Arts educator, Musician, Dir. StoryTeller Project**
- **Deanna Anderson, Movement therapist/Educator, Dancer**
- **Linda Lum, Professor of art, Foothill college**
- **Skip Cantwell, Professor of art, Foothill College**
- **Rebecca Barbee, Improv workshop leader**
- **Tehila Eisenstat, artist and art teacher**