

# Circles of Healing

You asked for more information about this programme, and here it is. These are some of our [Frequently Asked Questions](#) – if your burning question is not here, please feel free to email us with yours.



## Who is this programme designed for?

- This 10-week, online programme has been designed for people who have been diagnosed with cancer or another dread disease. Perhaps you have been battling cancer, fibromyalgia or Crohn's disease and need support from a community of people who understand some of what you are going through right now. If you can attend a once a week, 2 hr online session, we will welcome you to our Circle. Your computer will need a camera and microphone and you are welcome to join from your desk or your bed.

## How will the Circle work?

- Join us for our no-obligation introductory evening on 24<sup>th</sup> January 2023 to determine if this programme is what you need now.
- If you sign up for the programme, we will send you a participant intake form, along with a welcome email, containing the link for the session. Each week you will receive an email and some content for the next session.
- We ask that participants join the session 10 minutes prior so that we can start on time.
- Each session will begin with a short meditation and a check-in. The hosts will introduce the scope of the session and may provide some researched content for that session if appropriate.
- Should the numbers of participants allow, smaller break-aways will be set up so that participants can tap into the wisdom of the group and have an opportunity to share their stories. In this way the group will become a safe space in which we can share and support; express our hopes and fears; and begin the process of inner healing.
- Each session will end with a check-out process.
- Between-session support ideas will be discussed by the group and implemented for those in agreement. An example of this could include a buddy system on Whats App.

## When are the sessions?

- The sessions will be held once a week for 2 hours online. Please contact me to be added to our waiting list for the next programme.

## What is the scope of each session?

These are the themes that we plan to cover over the course of the 10 weeks:

Week 1: Beginning the journey to inner healing:

Week 2: Believe that healing is possible

Week 3: Identify the root causes of your illness

Week 4: Take control and get the support you need

Week 5: Set up conditions for healing

Week 6: Connect to your inner pilot light

Week 7: Treat fears and resistance

Week 8: Stay on Track

Week 9: Pay it forward

Week 10: Consolidation

These themes are based on the work of Dr Lissa Rankin: *Mind Over Medicine* and Dr Kelly Turner: *Radical Remission*.

### What is expected of me?

- We encourage participation, but for some, the trauma of diagnosis may still be too fresh and their ability to participate may be limited to listening only. You get to decide how much or how little you share with the group. As your hosts, we will attempt to create a safe and supportive atmosphere in the group to enhance participation. We value honesty and caring.
- This group is about being real, and about finding stories of hope and sharing tips and tools that have helped you in your journey. This is not a medical advisory group.
- To obtain the most from this journey, we highly recommend journaling. This is an important way to build self-reflexivity and to thereby deepen self-knowledge.
- During the first session, group norms and ground rules will be agreed.

### How much does it cost?

- The programme costs R3500 for 10 weeks. This may be claimable for Discovery Health clients under the Prescribed Minimum Benefits section.
- Payment is required up front and can be broken into two tranches.

### Who are your hosts?

**Hilton Calder** is a registered clinical psychologist with 40 years working experience. Hilton practises as a consulting psychologist/coach at the Lifeshine Wellness Centre. The goal of this centre is to create a holistic, comprehensive, multi-therapy treatment facility and information centre for the personalized treatment of patients with immune compromised illnesses.

**Alison Faraday** is an Accredited Certified Coach with the International Coaching Federation and has worked as a Life Coach since 2018. In 2019 Alison was diagnosed with breast cancer. Since then, she has researched healing modalities and has worked with many cancer clients to assist them in their journey towards healing. Alison has worked hard on her own healing and is currently in remission. Cancer has been her greatest teacher.



### Finally:

A journey towards healing begins from within as best stated by Dr Lissa Rankin *“Most health outcomes are much more successfully treated if they are healed from the core.”*

We hope that you will join us in our Circle of Healing.

Alison and Hilton

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