



Staying in the Circle of Life (SITCOL)

Facilitation Guide

Session 5

To begin:

- Arrive 30 minutes before the session
- Prepare materials for activities and surveys
- Arrange the room so chairs are in a circle
- Review session goals

Goals	
1.	Review previously established agreements
2.	Identify physical changes in our bodies (seen or felt)
3.	Acknowledge the process of grieving physical and emotional changes
4.	Identify goals that show self-care

Materials and Handouts	
Pre-assessment, Post-test	Mirror activity
Flip Chart	Construction Paper & colored pencils
Art Expression handouts	Sexual Health handouts

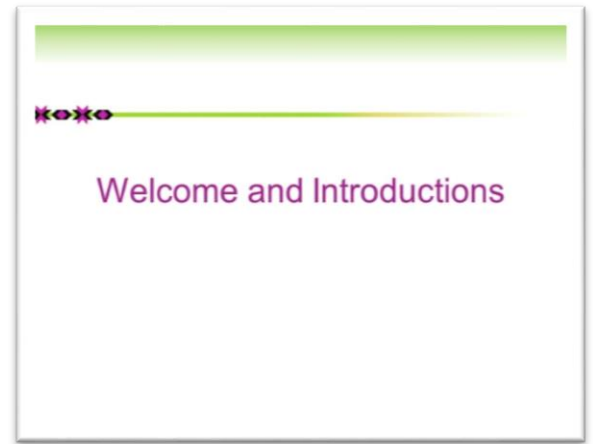
Activities	
Art expression	
Sharing Activity	
Closing Circle	

Notes:

- Complete these tasks prior to start of group:
 - Display "Agreements" on flip chart/board/or powerpoint
 - Make sure each participant has paper and pen for activity
 - Make sure each participant has the handouts listed above
 - Have a clock to refer to in order to guide the discussion and cover all material
- Total time for session one is 90 minutes.

Greeting

- Begin the session on-time.
- Greet each participant by name as they arrive.



Agreements

- Brief review of the agreements
- **Administer Pre-Assessment (5 minutes)**



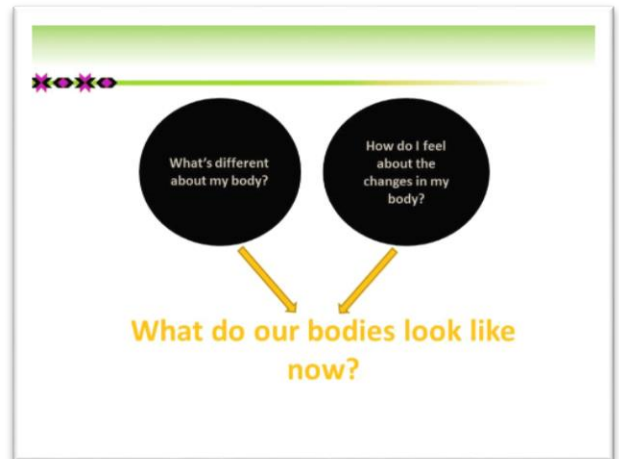
Why are we talking about body image?

- Let the group know that we are going to be talking about difficult and personal issues regarding body image, and body changes. Express to the group that they are welcome to share as little or as much as they are comfortable sharing
- Ask each participant to set some individual goals to feel good about their body (note – they do not have to share these with the group)



What do our bodies look like now?

- Ask participants to consider the changes in their bodies, and how these changes make them feel. Consider both positive and negative.
- Share as little or as much as they feel comfortable sharing.



How can we feel good about our bodies?

- Discuss what “feeling good” could mean. For some, it may be a small improvement from the day before, for others it could be more specific, such as wearing clothes that inspire confidence.
- Note that there are many options for hair loss, and some non-profits that can help with the purchase of a wig. For example, Life with Cancer has a wig request set up for cancer survivors
- <http://www.lifewithcancer.org/wig-exchange-program.php>

How can we feel good in our bodies?

- Keep a positive self-image
- Be active
- Wear clothes that make you feel good and comfortable
- Take care of your skin
- Talk to your friends and family
- Look into support for hair loss (wigs, hats, scarves)

Activity

- Distribute all art expression handouts. Overview these with the group, provide instructions on when and how to carry out these activities.
- Conduct art expression activity – have each participant use colored pencils and paper to write about or draw their individual reaction to the following prompts:
 - Express what you feel most strongly about with respect to your body
 - Use the pencils and paper to develop a response written or image.
 - Share with group if comfortable.

Activity

- Conduct Art Expression
- Describe the Mirror Activity

Intimacy

- Alert the group to the sensitivity of the next topic.
- Distribute the sexual health hand out and explain that many questions people have about sexual health are difficult to discuss in a group setting. Refer people to the handout and to follow-up with you if they have additional questions or need additional resources.
- Discuss how intimacy involves more than just sex, it involves being close, sharing and supporting.

What comes to mind when you hear "intimacy"?

✱✱✱

We are going to discuss how cancer and treatment affect intimacy, including –

- Identifying ways to resolve intimacy issues
- Practicing communication with doctors and partners
- Learning how to talk about intimacy after cancer



Sources of intimacy problems

- Note: There are many types of intimacy problems, and there are many sources for these problems. Fatigue, stress, worry over new medical realities are just a few.
- Discuss with the group how common issues with intimacy are. Bring into focus one or two sources, have the group offer strategies of how they have dealt with these different sources (if applicable)

Sources of intimacy problems

✱✱✱

- Treatment effects
- Worries
- Self-perceptions of sexuality
- Partners' reactions
- Fatigue
- Relationship challenges
- Stress



How to feel good about ourselves and our strengths

- Circle back to the strategies described in stress management from the Stress Module.
- Ask the group to offer strategies that they may have already put into practice

How can we feel good about ourselves and our strengths?

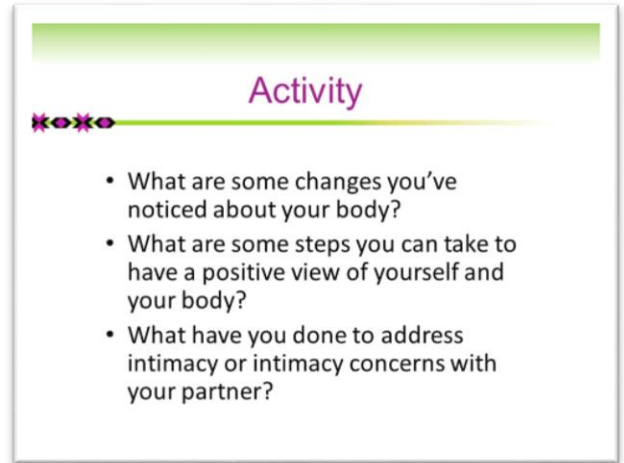
✱✱✱

- Change negative thoughts
- Eat healthy foods
- Be physically active
- Deal with grief and loss



Activity

- Go around – have people write this down – share with group if comfortable.

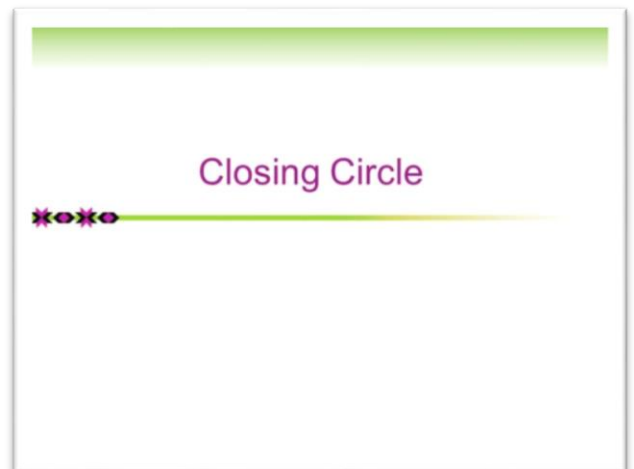


The slide features a green gradient header bar at the top. Below it, the word "Activity" is written in a purple, serif font. A decorative horizontal line with a purple and green gradient and a small purple floral icon on the left side is positioned below the title. The main content consists of three bullet points:

- What are some changes you've noticed about your body?
- What are some steps you can take to have a positive view of yourself and your body?
- What have you done to address intimacy or intimacy concerns with your partner?

Closing Circle

- **Administer Post-assessment**
- Go around the room
 - I learned
 - I hope
 - I feel



The slide features a green gradient header bar at the top. Below it, the words "Closing Circle" are written in a purple, serif font. A decorative horizontal line with a purple and green gradient and a small purple floral icon on the left side is positioned below the title. The rest of the slide is blank.