

Seven Levels of Healing Case Study: Cindy Blessen

In late 2009, Lee's Summit resident Cindy Blessen was among the first group of area individuals to enroll in the first session of Kansas City Cancer Center's (KCCC) Seven Levels of Healing® program. Blessen, who had just completed chemotherapy for breast cancer at the age of 44, was inspired to enroll after learning about the program from the late Kim Henry - McKay. McKay was a longtime KCCC's oncology nurse who brought the program to the practice.

Blessen says she believed she was at the end of her cancer journey because she had been declared cancer free. Yet, something piqued her interest in taking the complimentary course.

"I had peace throughout my entire cancer treatment. But I wanted to explore other things related to cancer, such as nutrition and meet others who shared the same experience," says Blessen. "Kim talked so passionately about it, that I signed up based on her recommendation alone."

Blessen wasn't disappointed. While attending the seven-week class, Blessen says she enjoyed the camaraderie with fellow individuals who've experienced cancer, as well as the times the group spent reflecting with soothing music and in quiet time.

On a functional level, she learned more about the benefits of certain herbs and good nutrition – information she now applies in her everyday life. Blessen also attempts to include massage therapy into her life when she can.

"I learned that you don't have to go out and conquer the world after you have cancer," says Blessen. "Seven Levels taught me that it's just as important to move forward in living your life after cancer."

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