

# The Seven Levels of Healing®

## Frequently Asked Questions

### **How do I get started?**

Begin by attending an Introductory session. At that time you will be given an overview of the program including its background and structure. If you choose to participate, you can sign up for the program at that time. Call 816-584-4832 for Intro session dates and times.

### **How do you know it works?**

Strong scientific evidence shows that connection with others translates into better health; not just emotional health but physical health as well. Scientific studies also show that psychosocial support and other educational programs can greatly improve the quality of life for patients with cancer and their loved ones in a variety of ways. Still other studies demonstrate the benefits that can be derived from integrating a variety of safe and effective complementary therapies, nutritional guidelines, and emotional healing with conventional care. *The Seven Levels of Healing*® is built on this foundation of scientific knowledge. It shows how you can navigate all aspects of the cancer journey with clarity and skill.

### **Can my family and I do this together?**

Absolutely. *The Seven Levels of Healing*® program is very powerful when shared with loved ones, family or friends. In fact, a primary message of Level 2 is that “Connection with Others” lies at the heart of healing. Many people find that doing the program together brings them closer to their loved ones, and deepens their understanding and love for each other. It is great to share the program with people you love and trust, those in support groups or in other safe and comfortable settings. It is also fine to do it by yourself, if you prefer.

### **Will this program interfere with my current medical treatment?**

No. The program is designed to be used in conjunction with conventional care. It can work for anyone and won't interfere with your current medical treatment. The program provides guidance and information about all aspects of what you will encounter on the cancer journey, and shows how to optimize your care and enhance your quality of life. Level 3, “The Body as Garden,” describes how a variety of complementary therapies can be safely integrated into your medical treatment plan and into your daily life. The program does not recommend alternative cancer therapies as a substitute for conventional care. To be safe, it is important to discuss with your oncologist any complementary or alternative approaches that interest you.

### **My prognosis is terminal, why should I bother exploring this program?**

*The Seven Levels of Healing*® provides guidance and wisdom for navigating all aspects of the cancer journey, including the exceptional circumstances involved in completing one's life. None of us truly know exactly how long we have to live. The important thing is to live as fully and joyfully as possible for whatever time we are given.

Even if you are no longer pursuing active treatments for your cancer, you can still benefit greatly from the program. There is much you can learn about being physically, mentally and emotionally more comfortable (in Levels 1 through 5 of the program). In the Life Assessment process (Level 6) you can address some vital questions that are profoundly important to everyone, especially those facing the end of life. Finally, you can find spiritual comfort by exploring The Nature of Spirit (Level 7). The program can help you clarify your wishes and goals during this critical time, and also show your caregivers how they can best support you at every step along the way.

### **I am a caregiver. How can I get my family member/loved one/friend who has cancer to get involved in this program?**

Caregivers can best support a person with cancer by doing the following: First, do all you can to ensure that the person's medical team is the best available, and that the patient trusts and respects them. Second, do your best to offer unconditional love and support for whatever choices the patient makes—even if you disagree. This may be difficult, so remember to care for yourself and get the support you need. Third, you can tell them about *The Seven Levels of Healing*®, created by an oncologist to help patients and families navigate through cancer as skillfully and effectively as possible.

Ask if they are interested in learning more about it. Be sensitive to their wishes, interest, and priorities. Offer to go through the program with them. If they decline, consider going through it yourself, or with a friend, or as part of a group. Then, if you share your personal experience, your loved one or friend may become interested and ask to learn more. Another option is to give them a copy of Dr. Geffen's book, *The Journey Through Cancer: Healing and Transforming the Whole Person*.

### **I am a caregiver. Will this program be beneficial for me?**

Absolutely. Caregivers can benefit from *The Seven Levels of Healing*® as much as patients can. It helps you understand all aspects of what your loved one or friend is going through, and makes you a more confident and informed support person. But it also helps you personally by showing you how and where to focus your time and attention to take the best possible care of yourself. When patients, family members, and caregivers go through the program together, the shared experience can be even richer and more meaningful for everyone involved. However, many caregivers go through the program on their own and derive a great benefit from it for themselves.

### **How much does it cost?**

It is FREE! This support and education program is provided without charge as a gift from the KCCC physicians and staff. All it will cost you is your time – a two hour introductory session and two hours per week for the seven weekly sessions. We believe you will find it well worth it.