

Building Bridges: A Therapy Group for Living with Advanced Cancer

“When a group of individuals becomes a ‘we,’ a harmonious whole, they have reached as high as humans can reach.” Albert Einstein

The Flatwater Foundation and Dr. David Zuniga will be offering a therapy group for advanced oncology patients, or their caregivers, beginning in November, 2017.

Background: While there are some oncology-related support groups in Central Texas there are virtually no professional therapy groups for the unique and specific concerns of patients and caregivers facing an advanced cancer diagnosis. Living with an advanced illness presents many challenges for both patients and their caregivers. The initial shock, fear, and sometimes anger may be accompanied by concerns about pain, debilitation, finances, relationships and death.

This therapy group will offer a nurturing, confidential group where clients and caregivers can feel comfortable discussing topics such as whether or not to continue treatment, anticipatory grief, and living fully with a chronic illness. Sharing common experiences, solutions, and support tends to help people live well despite the obstacles that life brings.

Who is eligible for this therapy group? Anyone who is an advanced oncology patient, or caregiver for an advanced cancer patient, and is eligible for Flatwater Foundation services (www.flatwaterfoundation.org) is eligible for this therapy group.

What is expected of participants? As this is a therapy group, clients are asked to make a weekly commitment to attend group therapy.

Logistics: This is a free, weekly, confidential therapy group, beginning on Tuesday, November 28th, from 10AM to 11:30AM. All services are paid for by the Flatwater Foundation for clients who are eligible. This therapy group will meet at Dr. Zuniga’s office (address listed above), which is located near Zilker Park off Mopac. For detailed directions: www.drdaavidzuniga.com.

Questions / Registration: For questions or to register, contact Dr. David Zuniga or a Flatwater Foundation Referral Partner.

About Dr. Zuniga: Dr. Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice; previously he was a faculty member in the Integrative Medicine Department of MD Anderson Cancer Center. He also earned a masters degree from Harvard Divinity School. Prior to his current psychology practice he worked for over a decade as an interfaith chaplain and administrator in pediatric and adult oncology and end-of-life care. He has published widely and spoken internationally at leading academic conferences on healthcare-related concerns.