



NEUROENDOCRINE CANCER GUIDE

COUNSELLING

2023



www.neuroendocrinecancer.org.uk



Neuroendocrine Cancer UK offers a free, confidential service for patients and supporters, family members or friends. Our counsellors have a specialised understanding of the complex issues that can arise in being diagnosed, and living with, Neuroendocrine Cancer over time.





Is it confidential?

Yes. The only circumstances in which we would talk about you to someone else (e.g., your GP/hospital) is if we were concerned that you were about to harm yourself or another person. Even then, we would make every effort to discuss this with you first in order to gain your agreement about who to talk to.

As part of professional good practice, both counsellors also have clinical supervision to discuss their work. All identifying features of patients are removed.

How can counselling help?

By offering a reliable and confidential relationship to talk through whatever is troubling you. It can offer support during particularly difficult times or in making sense of present difficulties that may stem from past experiences. In so doing, it can often be possible to find ways of understanding and managing difficult feelings or situations differently.

We can also help you with strategies and techniques for managing issues such as panic attacks, fatigue, anxiety around scans/treatments.

How long is a session for, and how often?

Usually 50 minutes, but this may be shorter if you are feeling unwell or recovering from surgery / treatment. The number and timing of sessions will be agreed between you and your counsellor at the Initial Consultation. It is quite common to have a few sessions weekly or fortnightly, and then a few around key dates such as particular hospital appointments.

How long will I have to wait for an appointment?

We aim to respond to your initial enquiry with within 72 hours. We are usually able to offer an initial consultation within a fortnight, depending on your availability and the next soonest appointment time.

I can only make evening or weekend appointments. Is this possible?

We offer a limited number of evening sessions, so do just let us know this when you make contact. We do not offer weekend sessions.





Lots of people have it worse than me. Is it still ok to have counselling?

We take a very straightforward approach that if something's bothering you, it's worth talking about.

Can you talk to my hospital doctor or nurse for me?

We can support you in building a good working relationship with your hospital team or GP. We would only talk to them for you however, if we were very concerned that you were at risk in some way.

Can both my partner and I talk to you?

It can be helpful to have your own separate space to share more difficult thoughts and feelings without worrying how they could impact on your partner. This is one of the reasons that we have two counsellors on our team. In some instances, we can also offer couples sessions.

Can I book an appointment for someone else?

We can only book an appointment for the person who makes contact.

I've had counselling before and it didn't really work for me. Why should this be any different?

Talking about private and personal matters is often not easy. If you don't feel comfortable with the counsellor (or their approach) it is harder to talk. Feeling that you and your difficulties are understood is key, but sometimes the process does feel strange or awkward to begin with. If you feel anxious talking about yourself, or certain aspects of your difficulties because of past experiences, do let us know this.

Neuroendocrine Cancer UK counsellors also have expertise in the psychosocial aspects of Neuroendocrine Cancer, and this can often help in understanding their impact for you as an individual.

If you find sessions with us difficult in any way, do let your counsellor know and talk it through.

