A top-down view of a desk with a light orange background. In the upper left, there are three crumpled pieces of white paper. A light green pen with a silver tip lies diagonally across a white sheet of paper. To the right of the pen, there are several sheets of paper, including a yellow one and a white one. The bottom half of the image is an orange overlay containing text.

# **Therapeutic education, an opportunity improve my quality of daily life**

TOGETHER, LET'S TAKE  
CANCER BY STORM

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The logo consists of two overlapping circles, one slightly offset from the other, creating a stylized 'C' shape.

institut  
**Curie**



# THE WORKSHOPS

## Illness and treatment



☐ **The side effects of my treatment**

Knowing the side effects of my treatment, how to prevent them and how to deal with them.

☐ **Understanding the biological check-up**

Identify the important data from your blood test and know what they correspond to. Make diagnostic links.

☐ **Understanding hormone therapy**

To understand how hormone therapy works physiologically, and to identify the benefits of taking hormone therapy.

☐ **Living well with the side effects of hormone therapy**

Learn about the side effects of hormone therapy, how to prevent them and how to deal with them.

☐ **Metastatic breast cancer**

To understand what metastatic breast cancer is and what the aims of treatment are; to become aware of the temporality of this disease; to know the resources and means of recourse.

☐ **Entering surveillance**

Talk about your journey since the onset of the disease. Identify their needs and find answers about monitoring and the side effects of treatment (past, present and future). Project themselves into life after hospital and identify their own resources and those outside the hospital.



## My identified needs

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# THE WORKSHOPS

## Chronic pain



### Understanding pain

Knowing the components of pain, the mechanisms of the painful path and treatments



### Moving with pain

Understand how to get around pain not caused by bone metastases, and learn about the importance of physical activity.



**Analgesic treatments** - for people who have been suffering from chronic pain for more than 3 months.

Know your painkillers, plan how to take them and manage events.



**Postures and bone metastases of the spine** - only for people with metastases  
Learn about warning pain, the risks associated with bone metastases and how to prevent them. Understand how best to mobilise with it.



## My identified needs

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# THE WORKSHOPS

## Communication and adaptation

- ☐ **Talking about illness**  
Expressing your ideas about illness. Position yourself in relation to the communication situations that surround you, identify the different communication positions, feel able to express yourself to your loved ones and healthcare professionals.
- ☐ **Coping with change**  
Becoming aware of the impact of the disease on daily life, finding solutions to manage change
- ☐ **Assertiveness, asserting your priorities**  
Welcome different points of view, identify your priorities and your feelings, and present them effectively.
- ☐ **Asking for help**  
Identify situations where help is needed; identify resources, dare to ask.
- ☐ **Preparing for my consultation**  
Identify your expectations for a specific consultation, ask clear questions with confidence.



### My identified needs

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# THE WORKSHOPS

## Nutrition

☐ **And now how do I eat?**

Know the validated nutritional risk factors and those that protect against cancer, and the food consumption guidelines based on my nutritional needs.

☐ **Time to eat!**

Compose and adjust your menus according to the situation, share and take pleasure in eating a balanced diet without prohibitions.

☐ **Food labels**

Identify the information on labels and make choices accordingly.

☐ **I adapt my diet** - only for people who lose weight during treatment.

Adapting your diet to cope with the persistent digestive side-effects of treatment (nausea, loss of appetite, mucositis, etc.).

☐ **From head to plate**

Identify and understand the factors influencing my food intake to eat more serenely

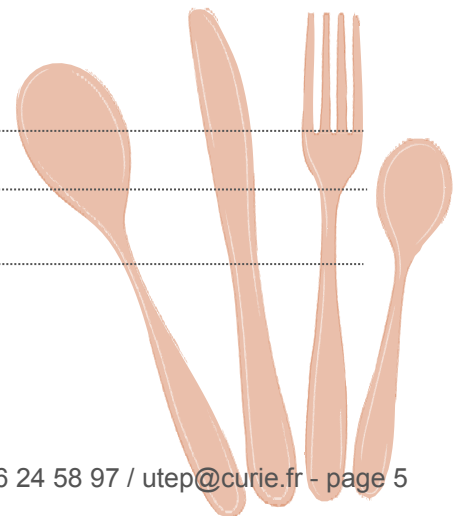


## My identified needs

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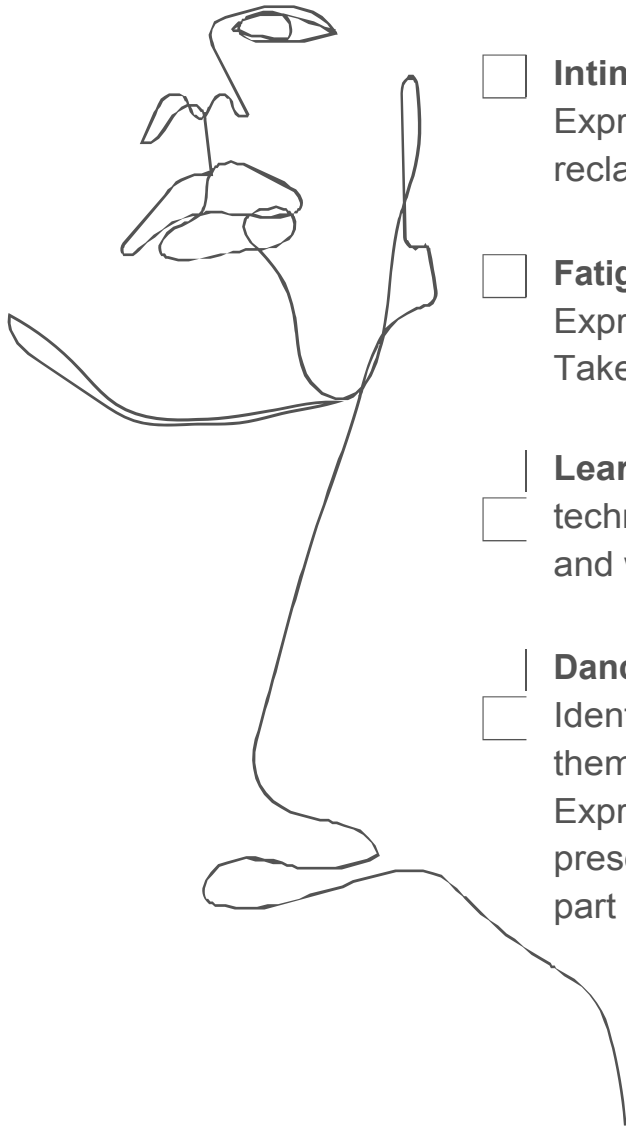
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# THE WORKSHOPS

## Psychocorporal



- ☐ **Intimacy and sexuality** - workshop for women only  
Expressing your feelings, getting to know yourself, reclaiming your sexuality.
- ☐ **Fatigue**  
Express how fatigue feels and how it manifests itself. Take action to reduce fatigue.
- ☐ **Learning self-hypnosis** - in 3 workshops Discover the technique, learn how to integrate it into your daily life and work on symptoms.
- ☐ **Dance therapy** - 4 compulsory sessions  
Identifying emotions through the body and expressing them through dance in a process of introspection. Expressing creativity through movement, living in the present moment and developing the joy of sharing as part of a group.



## My identified needs

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# THE WORKSHOPS

## Back to work

The back-to-work workshops are designed as a pathway, so participation in all 3 workshops is necessary.

- ☐ **I imagine my recovery**  
Regain self-confidence, bring out the skills acquired during the illness and transfer them to the world of work.
- ☐ **Anticipating my recovery**  
Clarify my life plan and develop strategies.
- ☐ **Organising my takeover**  
Learn about back-to-work schemes, understand the roles of the various players (social security, occupational physician, etc.) and understand the conditions for part-time work.



## My identified needs

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# My educational journey

## Unit contact details :

Mail: [utep@curie.fr](mailto:utep@curie.fr)

Tel: 01 56 24 58 97

## Register for workshops :

After your initial assessment, you will receive an e-mail with the programme and the dates of the next sessions. You will also receive regular programme updates.

If you would like to sign up for the workshops on offer, just send us an e-mail: [utep@curie.fr](mailto:utep@curie.fr) or call us on 01 56 24 58 97.

## Our respective commitments

The workshops are open to all our patients, free of charge and made possible by the commitment of our care teams.

By making a commitment to take part in the workshops you have registered for, you are helping us to ensure the long-term future of our scheme.

If you are unable to attend due to unforeseen circumstances, please let us know as soon as possible so that other people can attend.

## After the workshops :

Once all the workshops have been completed, we will be able to arrange a final assessment by telephone.

This will be an opportunity to review the needs and objectives of the initial assessment and your participation in the various workshops, as well as any actions or changes undertaken since then.

# Notes

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Find us on :

