

**“A DIAGNOSIS OF CANCER  
RAISES QUESTIONS AND  
CREATES ANXIETY. TOGETHER  
WE CAN TACKLE THEM.”**



Psycho-oncology  
Counselling service



**krebsliga zürich**  
drehscheibe für krebsthemen

The diagnosis, treatment and effects of cancer can be very stressful and demand a lot of you as a person affected and of your relatives. But you don't have to face these challenges alone. We provide assistance to affected adults, adolescents and children.

The psychological and medical support in our **Center for Psycho-oncology and Out-patient Onco-Rehab** can be an important help in dealing with this new life situation. We assist you at the beginning as well as at all other stages of the disease. We are also there for you when it comes to the loss of a loved one.

Our **personal advice and support** will help you to cope with cancer in your everyday life as well as with questions relating to your work or family. We assist you with social security issues, advise you on topics such as the living will "plus" and clarify financial support options for you.



A cancer diagnosis is stressful for those affected and those closest to them. We also support your loved ones.

# Psycho-oncological psychotherapy

In many cases, cancer is a significant burden for those affected and their relatives. Psycho-oncological psychotherapy offers new perspectives and helps adults, adolescents and children cope with the disease and its effects and regain their own strength. It can be beneficial in alleviating the following symptoms:

- › Feelings of fear, grief, loss of a loved one, loneliness, feeling overwhelmed, helplessness
- › Insomnia, depression, nervousness, inner restlessness, feelings of inadequacy and failure
- › Tiredness, lack of energy and joylessness
- › Problems with illness-related physical changes
- › Problems with marriage, partnership or family
- › Disease-related sexual problems

## What you can expect

In the first consultation, we talk about your concerns and work with you to develop a strategy. Our offers range from individual counselling sessions to intensive psychotherapeutic support. We also use relaxation techniques, imagination, breathing techniques, mindfulness exercises and more.

## Costs

The booking for the consultation is made by you personally, by relatives or by the attending physician. The cost of therapy is covered by basic health insurance.

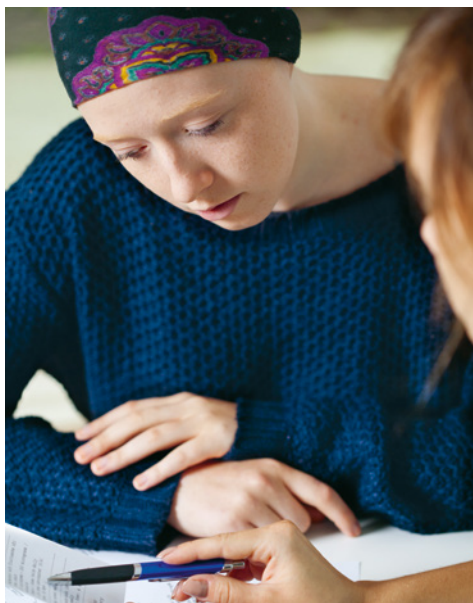


### Did you know:

Our outpatient oncology rehab programme provides comprehensive support for your recovery.

[www.krebsligazuerich.ch/onko-reha](http://www.krebsligazuerich.ch/onko-reha)

## Personal advice and support



People affected by cancer are confronted with many new questions, uncertainties and important legal issues related to employment and social security. Often, this is an additional drain on their strength. A personal consultation can help you in addressing specific concerns and in finding out what you most need in your situation.

### Family and everyday life

- › We support you and your loved ones by providing information and **practical help** to deal with your everyday life with cancer.
- › We help you to find the **right words** for conversations with your partner, children, friends, supervisors or with authorities.
- › If need be, in certain cases we can provide **families** with children with immediate assistance for housework and childcare.
- › We provide **self-help groups** or help you to build them so that you can get support from other affected people.

### Financial, legal and employment issues

- › We assist you with **social security matters**, clarify claims for insurance and contractual services, and help to fill in application forms.
- › If you are in a tight **financial situation**, we will assist you when other resources are exhausted.
- › We help with legal issues related to **employment** and assist you in returning to your job.
- › We will inform you about your insurance options and advise you on drawing up a **living will "plus"**.

# We offer you time, space and advice:

## Center for Psycho-oncology and Outpatient Onco-Rehab



**Dr. med.**  
**Magdalena Maria Berkhoff**  
Medical Management  
Specialist Psychiatry and  
Psychotherapy FMH  
Specialist in Neurology FMH



**Stefan Mamié**  
Psychotherapist  
Psycho-oncology  
Psychotherapist SGPO  
Certified Psycho-  
Sexologist (ESSM)



**Lic. phil.**  
**Franziska Bühler**  
Specialist Psychologist  
for Psychotherapy FSP  
Additional qualification  
Psycho-oncology



**Dr. med.**  
**Enrico Bernasconi**  
Specialist Psychiatry and  
Psychotherapy FMH



**Michèle Widler**  
Psychotherapist  
Specialist Psychologist for  
Psychotherapy FSP



**Dr. med.**  
**Edith Ulrike Greiner-Mai**  
Specialist in Psychiatry and  
Psychotherapy FMH



**Dr. med.**  
**Bärbel Papassotiropoulos**  
Psycho-oncologist (WPO/ DKG)  
Doctor Onco-Rehab

## Counselling service



**Andrea Bregger**  
Head of Counselling  
Social worker MSc HSLU / FHZ  
CAS Social Security Law



**Patricia Walser**  
Social Worker BSc FHO



**Monika Sidler**  
Social worker BSc ZFH  
Certified Consultant in  
Advanced Care Planning



**Tanja Brigger**  
Social Worker BSc FHNW

# All treatment and counselling appointments

**Center for Psycho-oncology and Outpatient Onco-Rehab**  
**Telephone: 044 388 55 20**  
**Email: [zentrum@krebsligazuerich.ch](mailto:zentrum@krebsligazuerich.ch)**

## Treatment locations

- › Practice in Zurich
- › “Turmhaus” in Winterthur
- › In hospital
- › Practices and oncology centers in the canton of Zurich, [www.krebsligazuerich.ch/praxis](http://www.krebsligazuerich.ch/praxis)

**Personal advice and support:**  
**Telephone: 044 388 55 00**  
**Email: [info@krebsligazuerich.ch](mailto:info@krebsligazuerich.ch)**

## Counselling locations

- › Zurich counselling center
- › “Turmhaus” in Winterthur
- › By phone
- › At your house
- › In hospital

## You can find us here

### **Zurich Cancer League, Center for Psycho-oncology and Outpatient Onco-Rehab**

71 Freiestrasse, 8032 Zurich, telephone: 044 388 55 20,  
fax: 044 419 21 19, [zentrum@krebsligazuerich.ch](mailto:zentrum@krebsligazuerich.ch).

### **Zurich Cancer League, Business and Counselling Center**

71 Freiestrasse, 8032 Zurich, telephone: 044 388 55 00,  
fax: 044 388 55 11, [info@krebsligazuerich.ch](mailto:info@krebsligazuerich.ch), opening hours: Mon–Fri, 9am–5pm.

### **“Turmhaus” Meeting and Information Center, Practice and Counselling Center**

69 Haldenstrasse, 8400 Winterthur, telephone: 052 214 80 00,  
[turmhaus@krebsligazuerich.ch](mailto:turmhaus@krebsligazuerich.ch), opening hours: Mon–Fri, 10am–5pm.

## Hub for cancer topics

The Zurich Cancer League supports those affected and their relatives with a variety of services and offers, and is involved in prevention as well as in supporting cancer research projects by young researchers at the University of Zurich and ETH Zurich. We look forward to hearing from you.

[www.krebsligazuerich.ch](http://www.krebsligazuerich.ch), donations: IBAN CH77 0900 0000 8000 0868 5.

