

# Inside Out Psychotherapy



- I want to acknowledge the Aboriginal and Torres Strait Islander people, the traditional custodians of the land on which I live, work, and play, and pay my respect to Elders, past, present, and emerging.

# About Ms. Barbara Wood

- **Barbara E. Wood**

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MACA, ANZMHA, AuSAE, ARHG  
Founder and CEO Boob Buddies Inc.™  
Founder and sole practitioner Inside Out Psychotherapy  
Founder 'The ABCD Method of Breast Examination'®  
Psychotherapist specializing in Oncology Psychotherapy  
Clinical Professional Supervisor  
Global Keynote Speaker  
Published Author  
Educator  
International Award Recipient



**Life is from the inside out.  
When you shift on the inside  
life shifts on the outside.**

-Kamal Ravikant

# Psychotherapy and Cancer



What does it look like?





Some amazingly courageous people I have had the privilege to sit with.





What does it sound like?

- Providing a safe space.
- Listening to spoken words and observing non-verbal clues.
- Providing factual knowledge.
- Planting seeds for thought to empower a client/patient.
- Focusing on the existential given of 'choice' - they can choose to water the seeds or not to.

Dialogue

Person affected by cancer.

Silence

# Gestalt Therapy

- The:
- ‘Here and Now’ – central to true
- ‘I -Thou’ - relating which values the authentic meeting of souls where both the therapist and patient/client are equals, thus enabling the
- ‘What and How’ to be discussed with respect and without judgement.



# Existential Phenomenology

## Death

- Time and Temporality  
Brings a person face-to-face with their own existence/mortality.

## Freedom

- Choice  
The freedom to choose-to-choose or not-to-choose.

## Isolation

- Interpersonal (lack of relationship with others),
- Intrapersonal (splitting yourself off from yourself and others),
- Existential. (Separation of self from the world).

## Meaningless

- Meanings give rise to values which lead to a meaningful life.



# Aim

- As a psychotherapist specializing in Oncology Psychotherapy, I aim to provide a safe space for cancer patients, their relatives, and caregivers. A place where with my emotional support, the psychological impact that the disease generates is lessened, and they are better able to cope with and manage the often unseen debilitating emotional side-effect of the disease.  
- Barbara Wood.

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