



# AUTPATIENT CLINIC OF PSYCHOLOGY / PSYCHONCOLOGY

Azienda Sanitaria Universitaria Giuliano Isontina

**PSYCHONCOLOGY** is the specialized discipline that deals with the psychological and social impact caused by oncological disease on the patient, the patient's family and the healthcare team.

### **WHAT IS THE PSYCHOLOGICAL SUPPORT?**

The psychologist supports people with individual or group interviews in order to better cope with the situation and alleviate emotional suffering in the stressful moments of the disease and discuss new strategies to better cope with the situation.

It is normal that a person experiences a psychological "crisis", when the patient discovers the disease and has the feeling that personal resources and any help from the external environment are not sufficient to cope with the situation.

Talking with the psychologist can help to strengthen or better use the available resources in order to face the problems with renewed energy.

### **HOW CAN THE PSYCHOLOGIST HELP YOU?**

- Listen to your needs, fears, difficulties and discomforts
- Help to plan, schedule and make choices
- Help to find the most adequate way to cope with the disease
- Teach you the use of relaxation techniques that allow you to build a new relationship with your body
- Facilitate relationships in the family, social and professional environments

**ACCESS HOURS:** the service operates from Monday to Friday, from 9.00 to 13.00. In case of specific needs, it is possible to book an appointment at different times.

For appointments and/or information, please contact:

- CLINIC OF PSYCHOLOGY / PSYCHONCOLOGY: 040 - 399 2561/2259
- Secretariat: 040 - 399 2375
- Or in person directly on the first floor of the Oncology Department at the AIMAC or CUSA information point.

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Office

**ONCOLOGY Department**

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