

MEDISOFIA. DIS-COVER THE POWER OF WORDS.
CANCER CARE AND TREATMENT ENHANCEMENT.

The MEDISOFIA method:

Etymologically: “**MEDICINE OF WISDOM**”.

Psychotherapy based on a humanistic perspective (human beings: physical, psychological, spiritual and emotional), it takes existential, psychosocial and psychobiological aspects of man into account.

It is based on the **Sophrology**, philosophy, which is in turn based on Phenomenology.

It studies the human conscience and helps to balance the body and mind.

It is supplemented with other psychotherapy techniques: **Psycho-oncology**, Sophrology, Social psychology, Re-structuring, Cognitive-Behavioural (victims), Logotherapy, Psycho-graphology, NLP, Communication, Breathing techniques, mental activation and relaxation strategies, aimed at harmonising these techniques to obtain optimal results and cover individual needs. It is multidisciplinary: Therapeutic, Educational and Preventive.

It develops skills, capabilities and values and improves the quality of life of cancer patients, their relatives and related healthcare professionals. The Medisofia method exercises the ability to programme the future in a positive manner, enhancing the perception of one’s body, emotions, thoughts and behaviour. As a **supplementary psychotherapy for cancer patients, their relatives and healthcare professionals**, its benefits are many:

It strengthens the immune system, helps to reduce the side effects of chemotherapy, controls stress (fear, anxiety, depression – all of which doubles the risk of mortality), enhances the quality of sleep, reinforces self-esteem and the acceptance of new situations (grief); it is a supplementary treatment for pain, palliative care, accelerates the post-traumatic recovery process and/or acceptance of terminal status. Acceptance of new physical condition on occasions and coping with a socially stigmatised disease. Improves communication and attitudes to disease, and can also be used by healthcare professionals as a tool to enhance professional and personal performance. Among other things, this improves the operative outcomes of their patients.

Improved treatment and care management with safety, confidence and illusion

Dis-cover the power of words, meaning: being more aware of the power of communication with ourselves and others, as social beings, considering that perception affects thought, which in turn affects feelings and action. This therefore involves being consistent, with persuasive language patterns. “Awareness of what has to be done” and “awareness of how to do it” is transformed into **“self-awareness”**.