

## **Sophrology and cancer**

### **Sophro and piano in the hospital**

In 2005, at Georges Pompidou European Hospital in Paris, Dr Florian Scotté, oncologist, created workshops entitled “Take care”: workshops in Sophrology, osteopathy, reflexology, qigong... In the same way, wanting to bring comfort to her patients, Dr Sarah Dauchy, at the Gustave-Roussy Institute (IGR) Villejuif Hospital near Paris, launched a project “a better life at IGR”, which aims is to “introduce various techniques: auriculotherapy, Sophrology, relaxation, but also music, poetry, karate... and evaluate how they can help us progress in our knowledge.” At the Curie Institute, Dr Sylvie Dolbeault is currently assessing how efficient Sophrology and hypnosis are on chronic pain, nausea and warm flushes. For the patients, no need of evaluation: hypnosis and Sophrology sessions at the Curie Institute “have increased by 30% since January 2005”.

### **Marie-Andrée Auquier, Sophrologists, the positive healer**

24 years ago, Marie-Andrée, pregnant, prepared a relaxation tape that she played regularly for her baby. When he developed leukaemia, she played it to him again. And created a world for him: the sheets are the sea, the drip makes the noise of waves; the little boy is the ship captain. Matthieu recovered. And his mum is today a doctor, homeopath, acupuncturist... and Sophrologist. Sitting down, eyes closed, she guides patients with her voice. “Tell yourself: ok, I have cancer. Let’s see what it has to tell us”. And also: “Confronted with this body and mind in pain, let’s look for what is still agreeable.” So as not to see chemotherapy like a fearful treatment, she invites them to imagine an army of firemen at work: “here setting out sheets to protect hair and liver... here pointing the way for chemo to find its way to its target...”. To be clear, Marie-Andrée helps crush the darkness.

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