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HUMA 5105; April 2007; Dr. Hoi Cheu, Supervisor

Healing Through Narrative

Abstract

This essay analyzes the usage of narrative therapy in relation to the Supportive Care Unit and website development at the regional cancer centre. My purpose at the Supportive Care Unit was to assist in a research capacity related to a study currently being done on patient satisfaction. Additionally, I was invited to sit in on meetings at the unit that was in the process of developing a new website for breastnorth.info. The website currently offers information concerning breast cancer and a wealth of information concerning treatment at the regional cancer centre in northeastern Ontario. The steering committee was put together in the hopes of developing a new website with the assistance of professionals related to the field of cancer and focus group studies. I had previously studied the relevance of using bibliotherapy as a means to assist people who may be in a form of crisis. Dr. Joseph Gold, a therapist and educator, had written extensively on the usage of literature as a form of therapy and I have based most of my research around his work. I thought about making the connection between reaching out to audience for the website and employing forms of narrative therapy to further increase its effectiveness. Some of the topics I discuss relate to the ability to reach catharsis through narrative and a biological function of narrative that many of us employ to make sense of difficult issues. This paper explores the possible applications of these topics and how they can be helpful to the readership of the website.