

Where is the program held?

Bergplaas Nature Reserve, in the Sneeuberg mountains of the Karoo, is where we gratefully stay for this training. This transformative healing land is co-teacher in our program. We teach in the cosiness of the Kraal. And since nature at Bergplaas will have an important role in the program, we'll be outside as long as this is comfortable for all of us and weatherwise possible. A bit of walking in rocky areas will be part of the program.

Medical care is not available on the premises. The closest physician lives in Graaff Reinet, a 75 minute drive from the guesthouse. Bergplaas is situated at an altitude of 1.600 meters; if you have any problem with heights in terms of impact on your physical condition please contact us.

Who conducts the session?

The sessions are led by Patricia Palmer Ed.D (US) and Barbara de Beukelaar Msc (NL) who have been with the Simonton Cancer Center for many years. They will be supported by South African Staff.

What is the cost of a session?

The total fee for South-African passport holders is 13.500 ZAR per session for 2 persons, being a patient and support person. Participants from other countries pay a fee of € 1.970,= or \$ 2.560. All prices mentioned are exclusive of travel costs.

Scholarships may be available for you. If the price is a difficulty please let us know. We can give no guarantees but will try to find ways to be of financial support



More information and Registration

Please surf to www.simontoncenter.com and www.bergplaas.com.

We advise you to read the books of Dr O. Carl Simonton "Getting well again" and "The Healing Journey".

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Simonton Cancer Center

Program South Africa



at Bergplaas Nature Reserve

- October 9 - 15 2011
- April 22 - 28 2012
- October 28 - November 3 2012

"Leading the way in mind/body medicine since 1971"

A dream came true. The renowned Simonton Program is being established in South Africa. A first group of people, four South Africans and three Dutchmen, came together for a first session in April 2011. The beautiful and healing retreat at Bergplaas Nature Reserve proved to be the perfect place to connect with nature and the healing power of mind, body and spirit.

South Africans as well as people from all over the world are invited to this mind-twisting program, a 6 day course, that is so soothing, supportive and healing. Our program increases quality of life and can influence the course of a disease like cancer. The healing power of nature can be experienced at Bergplaas and does enhance the impact of the program.



Simonton Center

The Simonton Center is an international non profit organization based in the United States (California). The Center is dedicated to improving the lives of cancer patients and their families through psycho-social oncology. Founded by Dr O. Carl Simonton (1942-2009) the Simonton Center was the first cancer counseling program to recognize the role and importance of family and social support and to include them in the treatment plan.

The Center teaches the renowned Simonton method for increasing survival, decreasing tumor growth and most importantly improving the quality of life for individuals. The courses are based on the successful model for emotional intervention and support which Dr Simonton pioneered in the treatment of cancer patients. It evolved from the concepts that beliefs, feelings, attitudes and lifestyle are important factors affecting health.

The program is a 6-day educational and psychotherapeutic session during which these concepts are explored in a safe, supportive atmosphere conducive to learning and a positive change. The program focuses on beliefs and belief systems. Participants learn techniques for enriching their lives in order to promote their health; lifestyle counselling; relaxation and mental imagery or creative thinking exercises. Additionally participants explore the importance of gentleness, and the role of stress and secondary gain. Recurrence and death are also examined. By delving into these topics through the use of the group process patients are enabled to implement these methods in their daily lives.

The approach is comprehensive as it directly addresses all spheres of human existence: emotional, cognitive, behavioural, social and spiritual integrated in an internally consistent program.

The therapeutic interventions are based on modern learning theory as well as ancient teachings. These include individual, group, family and social counselling as well as education in self-help skills that patients and their support persons may use to effectively resolve problems in all areas of their lives.

personal growth
health
beliefs and hope
life
benefit
develop an attitude towards life
social support
death

The Simonton Program was developed for people dealing with cancer; the scientific underpinnings are based on research with cancer patients. However, over the last 40 years of work with support persons as well, it became very clear that the program works for all of us. It works if you look for care after healing from cancer or if you deal/ have dealt with another kind of illness. And as well you may be motivated to participate in this course because it is helpful in developing a balanced lifestyle and staying healthy. Also of course the training experience is enriching for therapists of different orientations.

Questions and Answers

For whom is the Simonton Program?

The South African Simonton Program is open to each and every one wanting to develop an attitude towards life and health that creates happiness and healing.

We offer a psycho-social intervention program that is beneficial to all of us whether or not we are dealing with an illness. For those who have a cancer diagnosis or who have recovered from cancer we state that the Simonton Program is the most effective program around for people dealing with cancer and their support persons. A patient ideally attends together with a support person, possibly a spouse, sibling or friend.

inner wisdom

balanced lifestyle

Training Program

The Simonton Program is the only internationally standardized training program teaching counseling skills for (semi-) professionals interacting with people dealing with cancer or other life threatening illnesses. Our training program is mainly integrated in the regular sessions. If wanted training can lead to certification as Simonton Counselor (at least three week-long sessions). But great benefit can be gained by participating during one session. The Training Program is developed for therapists, nurses, doctors or volunteers who care for psycho-social intervention.

