

Raquel Garber, LMFT
Support Groups &
Counseling at cCARE

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Who am I?

I am a bilingual, bi-cultural (Mexican and American) Licensed Marriage and Family Therapist and Certified Grief Educator, working in San Diego. I have been working in the mental health field since 2011 and received training as a clinical psychotherapist in Mexico City and in the U.S. I worked for 8 years at the Community Resource Center providing counseling, education and facilitating support groups for trauma survivors of domestic violence and their families. I began working in private practice in July 2020. I practice through a holistic and multicultural lens. What drew me to want to work with Cancer patients is really my own personal experience. I lost both my parents to cancer, my mom struggled for 10 years with breast cancer and my dad 11 months with pancreatic cancer. This work is very meaningful for me and I believe it will be very rewarding to work with people that are either themselves diagnosed with cancer or their loved ones.

How can support groups and counseling help?

When someone is diagnosed with cancer, they may experience shock, anger, or disbelief. They may feel intense sadness, fear, and a sense of loss. Even the most supportive family members and friends cannot understand exactly how it feels unless they have received a cancer diagnosis themselves. This may cause people to feel lonely, misunderstood, or isolated.

Some people diagnosed with cancer will seek and benefit from individual, couples or family therapy to manage the emotional challenges of cancer. Others find it helpful to be part of a cancer support group. This is a place where they can talk about and work through the feelings and challenges they experience with other people who have gone through similar experiences. Support groups give people diagnosed with cancer and their caregivers a chance to learn from and support each other. In a cancer support group,

members can feel more comfortable sharing feelings and experiences that may be too difficult or too awkward to share with their family and friends. Being part of a group often creates a sense of belonging that helps each person feel more understood and less alone. Many studies have shown that support groups help people with cancer cope with anxiety and depression. Support groups can also help people feel more hopeful and manage their emotions better.

As additional support you might benefit from individual, couples or family therapy to manage the emotional challenges of cancer. Therapy can be a safe and caring place where you can discover ways to reach beyond the current limitations of your illness. This is accomplished by using specific techniques, like EFT (Emotional Freedom Technique) that helps change fear-based thoughts into calm, peaceful, hopeful ones making the body more receptive to mend/heal. Clients begin to experience an increased sense of calm, less physical pain, improved sleep, management of treatment side effects and a better overall sense of control. Clients also claim feeling less stressed and more hopeful from participating in supportive counseling sessions.

Where do support groups meet?

- Support Group will meet at the San Marcos Office

The 3rd Thursday of every month from 11 am. to 12 pm.

- Counseling sessions can take place online or in person. In person @

Encinitas office: Every 2nd and 4 th Thursday of the month & San Marcos office:
Every 1st and 3rd Thursday of the month

Who can attend?

Anyone who is affected by cancer whether it's the patient or the caregiver and family members will be able to come to Ccare and begin to learn healthy ways to cope with their cancer diagnosis, how to incorporate it into their lives and how to adjust to the cancer diagnosis. The group will provide them with tools and support to navigate the rocky terrain of cancer.

Fees

- Ccare offers Support Groups as a free service for patients and as part of their general care.
- Individual/Couples and/or Family Counseling will be paid directly by each client. A 50-minute session of psychotherapy is \$140 per session (Fee reduction may be considered in some cases).

I welcome your call today to schedule a free 20 minute consultation for you to see if I am a good fit for you.

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