

# Spiritual Wellness: Where to Learn More



## Additional Resources

### **UCSF Spiritual Care Services**

We are available to support all our patients regardless of beliefs and religious affiliation

Parnassus and Mount Zion: (415) 353-1941

Mission Bay: (415) 514-4200

### **Websites, publications articles on cancer survivorship and spirituality:**

- 🔗 <https://www.cancercare.org/>
  - 🔗 [https://www.cancercare.org/tagged/post-treatment\\_survivorship](https://www.cancercare.org/tagged/post-treatment_survivorship)
  - 🔗 [https://www.cancercare.org/publications/245-adult\\_cancer\\_survivor\\_emotional\\_concerns](https://www.cancercare.org/publications/245-adult_cancer_survivor_emotional_concerns)
  - 🔗 [https://www.cancercare.org/publications/56-strengthening\\_the\\_spirit](https://www.cancercare.org/publications/56-strengthening_the_spirit)
  - 🔗 [https://www.cancercare.org/publications/253-coping\\_with\\_the\\_fear\\_of\\_recurrence](https://www.cancercare.org/publications/253-coping_with_the_fear_of_recurrence)
- 🔗 <http://www.cancercenter.com/>
  - 🔗 <http://www.cancercenter.com/community/thrive/moving-beyond-survivor-guilt/>
- 🔗 <https://www.mskcc.org/> (Memorial Sloan Kettering Cancer Center)
  - 🔗 <https://www.mskcc.org/blog/guilt-lasting-side-effect-cancer-survivors>
  - 🔗 <https://www.mskcc.org/experience/living-beyond-cancer>
- 🔗 Vachon, Mary L.S. Meaning, Spirituality, and Wellness in Cancer Survivors. *Seminars on Oncology Nursing*, Vol. 24, No. 3, (August) 2008: p. 219.  
<https://doi.org/10.1016/j.soncn.2008.05.010>

### **Books:**

- 🔗 Feuerstein, Michael, PhD, MPH and Findley, Patricia, DrPH, MSW. *The Cancer Survivor's Guide: The Essential Handbook to Life After Cancer*. New York: Marlowe & Company, 2006.
- 🔗 Magee, Sherri, PhD and Scalzo, Kathy, M.S.O.D. *Picking Up the Pieces: Moving Forward After Surviving Cancer*. Vancouver: Raincoast Books, 2006.
- 🔗 Tolbert, Page, LCSW and Damaskos, Penny, LCSW, OSWC. *100 Questions & Answers About Life After Cancer: A Survivor's Guide*. Massachusetts: Jones and Bartlett Publishers, 2008.

