

BEVERLY HILLS COURIER

The Newspaper of Record for the World of Beverly Hills

VOLUME: L NUMBER 25 \$135 PER YEAR - \$1.25 PER COPY • www.bhcourier.com SINCE 1965 June 19, 2015

Tower Cancer Foundation's 'Heart To Heart' Class Supports Caregivers Of Cancer Patients

Psychiatrist Dr. Jan Berlin is now leading the kind of class he wishes he had when he was the primary caregiver for his wife Peggy who died of cancer last year.

The Peggy Henning Memorial Fund at the Tower Cancer Research Foundation enabled him and Michael States, LMFT to develop the "Heart To Heart" program for caregivers of cancer patients and their families.

The next session of the free six-week program in Beverly Hills, for anyone caring for a loved one dealing with any form of cancer, regardless of stage, starts Monday, June 22.

The class, nine months in development, is built upon Dr. Victor Frankl's classic work *Man's Search For Meaning* and "the idea that if we can find meaning in adversity, the level of suffering is eased," Berlin says.

The class integrates tools for coping, insights, inspirational music and videos, and the use of stories to illustrate the options in caregiving for attunement, connection, advocacy and appreciation.

It's not a class with a lot of homework, says Berlin. There are presentations and "a lot of discussion and dialogue."

Each session has a theme like "Presence and Perseverance," says Berlin. "We address what happens when things get hard and how caregivers relieve guilt, regret or self blame. There's the notion that 'if I do enough, everything will be



Dr. Jan Berlin and his wife Dr. Peggy Henning Berlin, who was the inspiration for TCRF's "Heart to Heart" program.



Linda David, TCRF CEO

okay.' That's not a prediction we can make."

The approach, Berlin says, is for caregivers, who become unsung heroes, to "see the journey not as something they have to do, but an opportunity—even though it's a role one would never choose—to deeply engage with another person and oneself."

"We strongly believe in following patients through the cancer journey," says Linda David, TCRF CEO, "and in working with Jan we realized that not only were the needs of husbands of breast-cancer patient not being met, but the needs of all caregivers."

"Heart to Heart" is set to be an ongoing program, so those who miss this session may sign up for the following one.

For registration information, contact Nicole Garber 424-230-7154, or nicole@towercancer.org.