



Helen Dowling Institute

Psycho-oncological care

Cancer turns your life upside down

Your life turns upside down the moment you are diagnosed with cancer. All certainties in life seem to disappear and everything you want out of life is suddenly put on hold.

People diagnosed with cancer can experience complex emotions during the course of their disease. One in four cancer patients are in need of professional counselling. Helen Dowling Institute provides such support.

The aim of the institute

Our aim is to help people with cancer and their loved ones deal with the emotional aspects of the disease. We try to achieve this by:

1. offering professional psychological counseling using individual, group and online therapies.
2. conducting scientific research to guarantee the best care
3. providing training for oncologists, nurses and other professionals who work with oncology patients

We cannot cure people but we can help them improve their quality of life, even if their prognosis is not good.



The foundation

The institute is named after Helen Dowling, an American violinist and music teacher, who died of lung cancer in 1987. She carried her illness with great courage, dignity, and wisdom – despite becoming unable to play the violin due to cancer.

Professor Marco de Vires, founder of the institute, met Helen by chance in London three weeks before she lost her battle to cancer. He was so taken with her, that he named the institute after her when it was founded in 1988. Since then, the foundation has grown to be the biggest and most important institute of its kind in Psycho-Oncology in the Netherlands.



'Cancer is a wearing disease. I find it comforting to talk about my mum's disease at the Helen Dowling Institute.'

Anastacia (9)

Therapy

The Helen Dowling Institute offers several therapies.

1. Individual therapy
2. Couples therapy: how to deal with problems together
3. Family therapy: to provide support for each other
4. Group therapy: sharing experiences with peers
5. Online therapy: focused on exhaustion and fear

Together with you therapist you will decide which therapy is best for you.

Online therapy

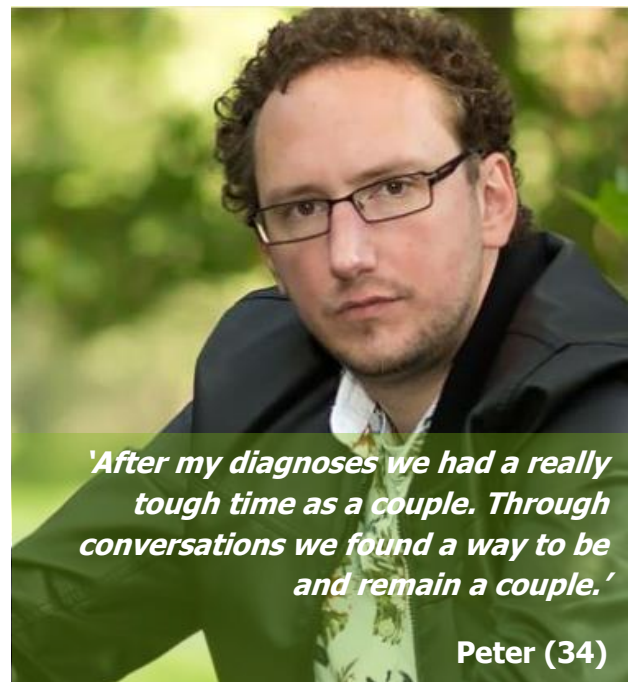
HDI provides online therapy for (ex-) cancer patients who are fatigued as well as anxious for the cancer to recur. Our online therapy has made it possible to reach and support more people with cancer and their relatives in the Netherlands.

For more information see (Dutch only):

- <https://www.hdi.nl/minder-moe-bij-kanker/>
- <https://www.hdi.nl/minder-angst-bij-kanker/>

Financial situation

To continue our work, we depend on the support of individuals, organizations and businesses. This is because patient care in the Netherlands is only partially covered by health insurance. Other initiatives such as house visits to cancer patients, new projects, and providing information and training are not at all or only partially covered.



Your support

We already provide counselling for over 1500 patients each year, and the demand for our counselling keeps growing. Unfortunately, we cannot meet the year-round demand. Our survival depends on the support of third party donors. This also includes you! With your support, we can continue our work in the future – to assist people with cancer and the relatives in improving their quality of life and prevent unnecessary suffering.

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