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GASTROINTESTINAL CANCER AND THERAPEUTICS

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DIGESTIVE & METABOLIC DISEASES

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A patient's experiences about what quality of life actually means

Chad Walkaden

Chad Walkaden Counselling & Consulting Services, Australia

The Cancer Blueprint is a cancer coaching program that is based on a model created in Australia by three-time cancer survivor, Chad Walkaden. In 2014, at the age of 29, Chad was diagnosed with a stage four Adrenal Cortical Carcinoma (ACC) and he had a life expectancy of under 24 months. During the past four years, he has used overcome two separate reoccurrences and he has simultaneously experienced his mother's personal battles with a bowel cancer diagnosis. A combination of his past university studies, his personal experiences and an interest in promoting his quality of life placed him in the ideal position to use his knowledge and unique skillset to help other patients. The result of his endeavors included a collaboration with Sydney University and a collaboration with Australian Cancer Charity, Redkite. More recently, his cancer coaching model has been used to help patients (and their families) with their personal experiences of having cancer. The model is designed to directly coincide with the care that a patient is receiving from their doctor and or oncologist. The main focus is to promote the quality of life for the patient by providing psychological and emotional coaching and then integrating evidence-based supplementary and alternate treatments into their life.

Biography

Chad Walkaden is an experienced forensic social worker with tertiary studies also in education and family therapy. He is the director of Chad Walkaden Counselling & Consulting Services. A service combing both the reparative work associated with counselling, coupled with a more proactive and holistic approach to coaching. In 2015, he developed "The Sunflower Model: Life Beyond Treatment", a nationally endorsed education/therapeutic group for people aged 16-24 who have finished their cancer treatment.

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