

Beverly Katherine Kirkhart

Author of *My Healing Companion*

My Healing Companion: Write to Survive

Research and personal experience proves that writing is an incredibly powerful tool for coping with traumatic events. *My Healing Companion* is a self-guided journal for cancer patients, to explore their feelings during treatment and reframe the process as way of expressing strength and finding peace.

During her own treatment, daily journal writing allowed cancer survivor Beverly Kirkhart to “Turn this setback into a comeback.”

My Healing Companion demonstrates her belief that the perspective we choose determines our success in getting beyond our challenges.

Exercises in *My Healing Companion* invite thoughtful response as steps toward personal awareness—and survival.



Beverly Kirkhart Came Back to Help

Beverly Katherine Kirkhart knows what it means to make every day count. 10 years ago, she was diagnosed with breast cancer. Now she is sharing her experience in *How to Turn Setbacks Into Comebacks* and the *Empowering Yourself Through Words*® program.

Kirkhart has devoted her life to helping others with cancer make the most of their lives. She has traveled the United States to speak and lead workshops for the American Cancer Society, the Oncology Nurses Society, and the Scripps Foundation, among other nonprofit groups and cancer research centers.

Back in her own community, Beverly co-founded the nonprofit Breast Resource Center of Santa Barbara in 1996, with Dr. Susan Love and other concerned survivors. In addition to *My Healing Companion*, she is co-author of the revised edition of

Chicken Soup for the Surviving Soul, of the acclaimed series by Jack Canfield and Mark Victor Hansen.



Dr. Frederic Kass, Director of Research, Cancer Center of Santa Barbara:

“The book is wonderful! I can’t tell you how much I love it . . . I keep a sample in my office to show patients. It is particularly useful for me as I talk to recently diagnosed patients.”

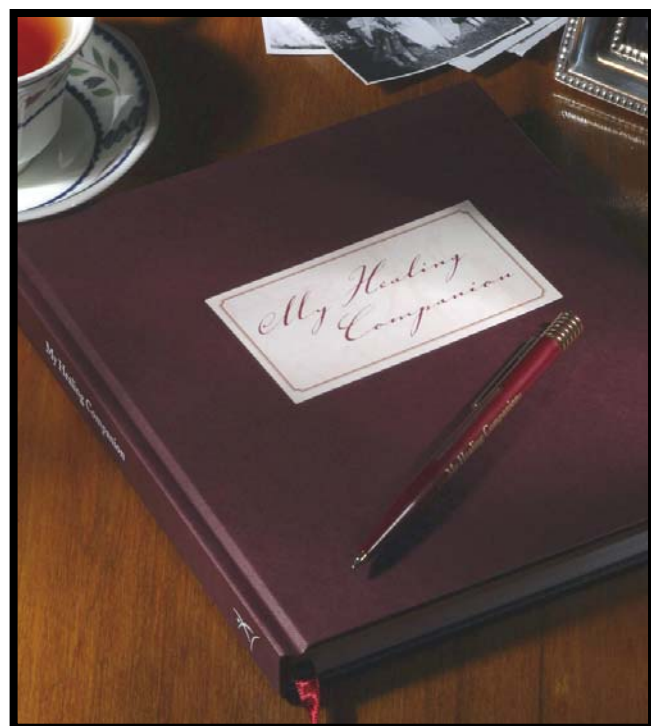
What people are saying about *My Healing Companion*

Dr. Susan Love, pioneering research scientist and best-selling author of *Dr. Susan Love’s Breast Book*:

“Every woman can benefit from this guide through the maze of feelings that accompany a diagnosis of breast cancer.”

Dr. Bernie Siegel, author of *Love, Medicine & Miracles: Prescriptions for Living*:

“From my own life and many studies, I know the value of journaling . . . Journaling is like taking the lid off and letting the pain empty out so love, joy and healing can occur.”



Empowering Yourself Through Words® Series

Helping nurses care for their patients beyond medicine®

Based on Beverly Kirkhart's powerful experience of writing through her own journey with cancer, *Empower Yourself Through Words®* is a dynamic series of programs designed to help medical professionals transform the clinical environment and facilitate healing.

Train the Trainer

Educational program teaches medical professionals heartfelt skills to help patients direct their emotional healing through writing, and to sustain this inventive therapy concept over time.

- 2-hour interactive presentation, *My Healing Companion*
- Emotional Healing Tools®
- Two 1-hour follow-up phone sessions, as needed
- Certification of training upon completion of course

Journal Circle

Expressive-writing program inspires patients to explore their feelings—from fear to victory—associated with cancer diagnosis and treatment.

- Exercises from the self-guided journal *My Healing Companion*
- Emotional Healing Tools®
- Beverly Kirkhart or a certified facilitator leads each session

Personal Coaching Package

One-on-one training program and presentation teaches medical professionals to effectively facilitate *Journal Circle* support groups.

- *My Healing Companion*
- Four follow-up conference call sessions
- Q & A e-mails, as needed

Emotional Healing Tools® Tool Box

Banners, affirmation pens, inspirational prescription pads, affirmation cards, and quote cards from *My Healing Companion* journal.

- Volume discount purchase for *Journal Circles*, cancer centers, libraries, support groups, advocacy groups, and individuals facing the journey of cancer.

Presentations by Beverly Kirkhart— From the Heart of a Cancer Survivor

How to Turn Setbacks Into Comebacks: Five steps to survive and thrive out of life-challenging situations teach participants how to view adversity as opportunity.

Caregivers with Compassion . . . Healers with Heart: Loving and compassionate strategies help caregivers combine medical science with supportive healing therapy.

Take the "Why Me?" Out of Cancer: Trade in negative attitudes for a constructive outlook and make the most of your life.

A Nurse's Perspective:

Margaret Rhoads, RN, BSN, OCN

Although the physicians write chemotherapy orders and meet the patient's physiological needs, the nurse must address their psychological, sociological, and spiritual needs . . . Every bit of information or tool that we can use to assist the patient through their journey helps us to help our patients have better outcomes."



Join Us!

Take inventory of your emotions and discover a new quality of life through your treatment and beyond by *Empowering Yourself Through Words®*.

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