

Fawzia, she is a 36-year-old woman with a recent diagnosis of breast cancer. However, she has been told that her prognosis is good, and she is currently having active chemotherapy treatment. Fawzia gets on very well with her breast care specialist nurse, who has been trained in some cognitive therapy techniques. The breast care nurse suggests that Fawzia keeps a diary of positive events that occur during her treatment and what they mean for her life. The breast care nurse helps Fawzia to focus on her positive experiences and to review the evidence for her prognosis. They review this together when she attends the clinic.