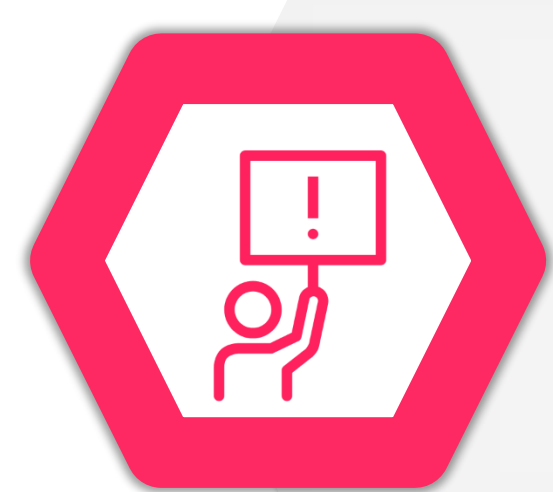




GROUP SUPPORT – WHY DO WE NEED A COMMON REFERENCE GROUP?



EXPERIENCING DIAGNOSIS – HOW TO COPE WITH THE INITIAL SHOCK?



WHAT EMOTIONS ACCOMPANY PARENTS AND HOW TO ACCEPT THEM?



BUILDING MENTAL RESILIENCE



STRENGTHENING FAMILY RELATIONSHIPS



COPING WITH CHRONIC STRESS



FINDING THE BALANCE BETWEEN CARING FOR YOUR BABY AND TAKING CARE OF YOURSELF



SOCIAL SUPPORT – HOW TO USE THE HELP OF THOSE AROUND YOU?



COMMUNICATION WITH MEDICAL PERSONNEL



OVERCOMING GUILTY AND HELPFULNESS



HOPE AND FEAR FOR THE FUTURE



SUMMARY AND CONCLUSION OF THE SERIES OF MEETINGS

BACKGROUND

Parents of children undergoing oncological treatment often experience significant emotional strain, resulting a high risk of emotional burnout, what can lead to adversely impact both their well-being and the psychosocial environment essential for the child's recovery. So to this reason, therapeutic interventions targeting parental support have become a vital component of pediatric oncological care. The WPROST (Psychological Support for Oncology Families Seeking Therapy in a Therapeutic Group) group program, implemented at the IMiD and the Polish Sarcoma and Melanoma Patients Association, is a interdisciplinary initiative designed to support parents during their child's cancer treatment. This study explores the role of WPROST in preventing emotional burnout patients' families.

METHODS

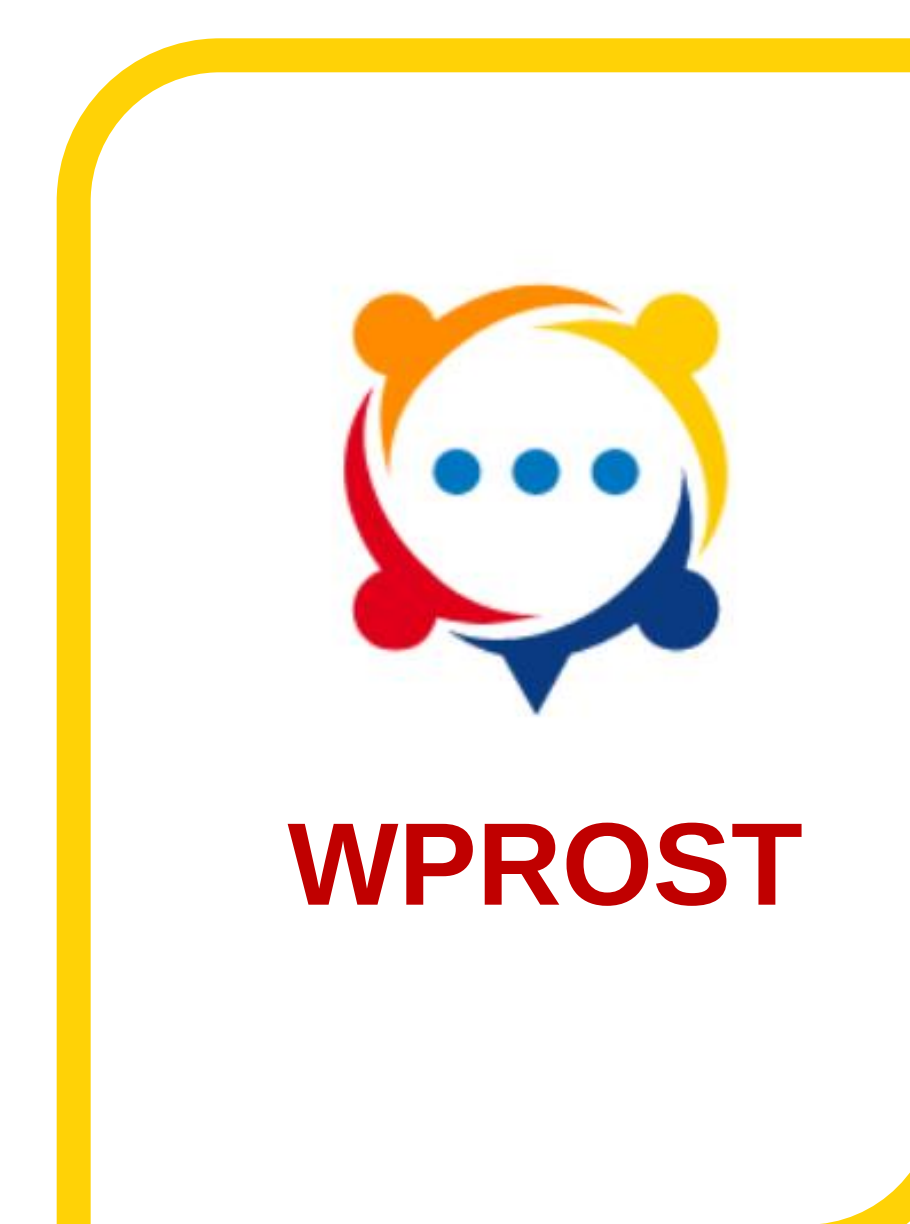
The WPROST program consists of twelve sessions focusing on psychoeducation, emotional regulation, peer support, and stress management. The group is led by psychologists who work with families on a daily basis, know their needs, dilemmas, problems and the topics of meetings and workshops are compatible and closely related to the reported difficulties. Qualitative data for this study were obtained from semi-structured interviews with participants to assess subjective improvements in coping mechanisms and emotional well-being.

RESULTS

Forty-two parents and grandmothers participated in first 6 meetings. Participants showed reductions in emotional exhaustion and perceived stress levels. Qualitative analysis revealed themes of improved emotional resilience, strengthened familial relationships, and enhanced capacity to navigate the challenges of caregiving. Parents reported the therapeutic group setting as instrumental in reducing feelings of isolation and fostering a sense of community.

CONCLUSIONS

The WPROST therapeutic group program is an effective intervention for preventing emotional burnout in parents of children undergoing oncological treatment. By integrating psychoeducation, emotional support, and a collaborative care model, WPROST contributes to the well-being of caregivers through multidisciplinary collaboration. These findings underscore the importance of embedding structured parental support programs into clinical practice.



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