

Abstract

The objective of this work is to introduce Caycedian Sophrology[®] as a complementary instrument for pain release in oncologic patients suffering from chronic pain.

Caycedian Sophrology[®] is a relaxation technique, a holistic way to treat and care, providing resources to diminish pain and support the medication and adverse events of the illness.

Is a science with specific methods and techniques. These techniques can be adapted to each professional and patient. It also allows the patient to maintain the strength and range of movement, as the method includes static and dynamic exercises; the method gives the patient the responsibility to work by himself, defining goals for daily life, conscious of his well-being and capacities to help himself and being part of a team.

Caycedian Sophrology can be learned by any member of the health staff involved in the treatment of these patients. Family and caretakers can and should be involved in the sessions.

Throughout the investigation we touch on two fundamental areas, the pharmacological and non-pharmacological (or complementary) interventions of pain.

In this investigation we concluded that a void exists in relation to multidisciplinary treatment of pain, finding the necessity to carry out more research in the areas of Oncology and pain.