



# ICI: Invisible Is Not Imaginary

Lives Are Controlled - The Body is Often Uncontrollable

## Sessions:

1. Introduction to the Group
2. Name Your Illness: Externalizing the Story
3. Telling Your Story: Personal Attributes
4. Building a Collaborative Support Team
5. Treatment Related Concerns
6. Coping With Stories' "Power"
7. Narrating Self and Body Issues
8. Your Story in Context of Family
9. Hidden Fears: Death and Change
10. Social Relationships: Sharing Your Story
11. Gaining Control: Authoring Your Story
12. Termination

Invisible Chronic Illness: Any physical disease characterized by persistent symptoms not manifested in a way that produces external indications (Donoghue & Siegel, 2000; Matthews & Harrington, 2000).

Estimated 133 million diagnoses with ICI yearly (NCI, 2009).

Heal the Body.  
Heal the Mind.  
Heal the Self.

Individuals with ICI often struggle to feel heard by doctors, find a correct diagnosis, and balance daily life with symptoms (Donoghue & Siegel, 2000; Vickers, 2004).

Research indicates individuals who discuss ICI benefit from strengthened relationships, decreased feelings of isolation, and increased empowerment (Donoghue & Siegel, 2000; Horan et al., 2009).