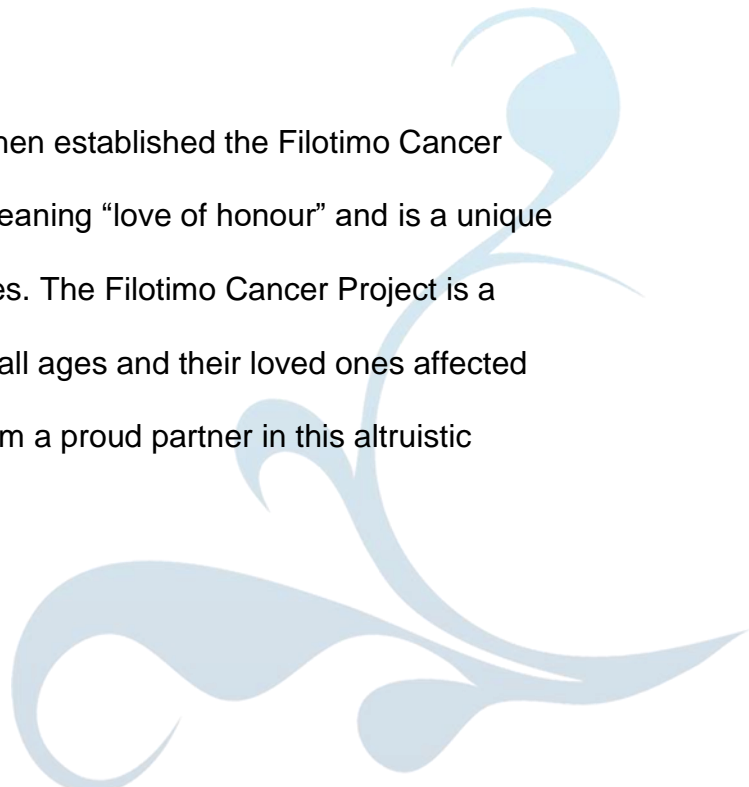



***“FOR THE WORLD IS IN A BAD STATE, BUT EVERYTHING WILL
BECOME STILL WORSE UNLESS EACH OF US DOES HIS BEST.”*** Victor Frankl

Dear Fellow Psychologist,

The construct of meaning making through suffering as in Existentialist Thinking, as well as Post Traumatic Growth as in Positive Psychology come to life in the Filotimo Cancer Project. When Evy Michalopoulos, tragically lost her mother to cancer, she decided that she will honour her mother's brave life by creating something meaningful. Her mourning process culminated in meaningful post-traumatic growth when she decided to turn the tragedy into an opportunity to help others suffering from and through cancer.

Evy, together with Attorney John Comminos then established the Filotimo Cancer Project. Filotimo is a beautiful Greek word, meaning “love of honour” and is a unique Greek word indicating a constellation of virtues. The Filotimo Cancer Project is a non-profit organisation that assists people of all ages and their loved ones affected by cancer. As a Counselling Psychologist, I am a proud partner in this altruistic project.





When we consider the purpose of our work as Psychologists, it makes perfect sense to be associated and affiliated with the prestigious Filotimo Cancer Project. As Victor Frankl reminds us *“Find your own meaning in the world and find a purpose to get you through. Link this purpose to a larger whole, only in that way can we create a better world for everyone”*. The Filotimo Cancer Project provides us, as helping professionals, with a unique “larger whole” to do a little part to make the world a better place.

I highly recommend that you become part of the referral network of the Filotimo Cancer Project and become, like me, a motivated contributor to constructively strive in a small way to make this world a better place.

Filotimo Greetings,

Professor Gertie (HG) Pretorius

Counselling and Research Psychologist

HPCSA Registration number: PS0015024

