1. **Perception of the patient undergoing cancer treatment on relaxation with guided visualization**

**Global Approaches of Integrative Oncology**

**Introduction**:Cancer is considered a global health problem, requiring large financial, institutional and social investments. Oncological patients manifest symptoms resulting from treatment and the pathological process. The rehabilitation of these is considered as one of the most relevant areas for health, Integrative and Complementary Therapies (ICT) have proven to be effective in this process. This study aimed to understand the benefits of relaxation, occurred from September to December 2019 in an association that serves cancer patients at a general hospital in the south of Minas Gerais-Brazil.

**Objective**:To understand the perception of the patient undergoing cancer treatment on relaxation with a guided visualization.

**Methodology**:Qualitative research, with convenience selection of patients who were undergoing chemotherapy or radiotherapy. The collection was through open interviews with guiding questions: How do you think relaxation can contribute to reducing the side effects of treatment? How was it for you to participate in that moment of relaxation? Relaxation was developed individually in a peaceful environment, after signing the consent form, with the statements being recorded. The data were analyzed according to Bardin.

**Result and discussion**: 11 patients, 6 women, and 5 men, in the age group of 44 to 79 years old, participated in the study. The data made it possible to understand the oncology patient's perception of guided visualization in three units of meaning: the connection between body and mind, the stigma of cancer, relaxation in reducing symptoms. Currently, Brazil has the challenge of offering ICTs at all levels of health care, political and technical training of health professionals for effective action within the reality of the Unique Health System.

**Conclusion**:Relaxation with guided visualization revealed how cancer patients perceived it and provided reflections on their disease and treatment, renewing their vision of how to face the pathological process.

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