

Presents a One Day Workshop:

Managing Fear of Cancer Recurrence in Cancer Survivors

with individual or group therapy

Prof Phyllis Butow

University of Sydney



Monday 14th October 2019

Christchurch

Places are limited. To reserve your place and for registration details please email kathryn.taylor@stgeorges.org.nz

Cost: \$220.00 PONZ Members; \$275.00 Non-members; \$100 Full-time students

This workshop will focus on the most frequently cited unmet need of cancer survivors – fear of cancer recurrence (FCR). FCR is present in a range of severity in all people who survive cancer, with up to 49% of survivors reporting elevated or ‘clinical’ levels of this concern. For these survivors, FCR is persistent and disabling, preventing them from making future plans, causing over-screening and over-use of medical services and compromising quality of life. Fortunately, several trials of evidence-based and theoretically supported therapies have been successfully completed in the past 5 years. This workshop will provide a comprehensive overview of one of these recent therapies (ConquerFear). This therapy (face-to-face, psycho-oncologist delivered) combines elements of the Self-Regulatory Executive Function (S-REF) model, Relational Frame Theory and Self Regulation Theory (ConquerFear). The content and therapeutic approaches of ConquerFear will be presented in detail. Practical strategies to implement ConquerFear will be demonstrated and practiced in the workshop. Patient handouts, relevant papers, and frameworks will be provided to workshop attendees.

Prof Phyllis Butow (BA(Hons), MPH, MClInPsych, PhD) is Professor, and NHMRC Senior Principal Research Fellow in the School of Psychology at the University of Sydney. She founded the Australian Psycho-Oncology Co-operative Research Group (PoCoG) and the Centre for Medical Psychology and Evidence-based Decision-making (CeMPED). Prof Butow has worked for over 20 years in health professional-patient communication and Psycho-Oncology. She has won many awards, including the International Psycho-Oncology Society Bernard Fox award for outstanding contribution to Psycho-Oncology research in 2009 and the Clinical Oncological Society of Australia Tom Reeve award for outstanding contribution to cancer care in 2011, and was named NSW Cancer Researcher of the year in 2012.

Over the past ten years, she has had a major focus on fear of cancer recurrence (FCR). With colleagues, she has conducted descriptive, measurement and intervention research on FCR. She was the Principal Investigator for the ConquerFear trial, a multi-centre randomised controlled trial of a meta-cognitive, face-to-face psychologist-delivered intervention, which showed high efficacy immediately post therapy and at 6 months follow-up. Phyllis is now involved in ongoing trials of an online version of ConquerFear, a group version of ConquerFear, a stepped care model of care for FCR and an oncologist-delivered short intervention at end of treatment to prevent high levels of FCR.

Venue: Turanga (Central Library), 140 Gloucester St, Central Christchurch

Registration includes morning and afternoon tea. Bring your own lunch or buy lunch at one of the many cafés nearby.