

Emotional Care for People Affected by Cancer

The **Northern Haematology and Oncology Group** recognises the importance of caring for the whole person throughout their care. We offer confidential counselling and interventions from Clinical Psychologists for patients, family and carers.

Experiencing a diagnosis of cancer can be very distressing. While everyone's response is unique, many patients and their loved ones experience symptoms of depression and anxiety, in addition to poor sleep, poor concentration, and difficulty relaxing. For some these effects are temporary, but for others they may be ongoing and greatly affect their sense of well-being. Common concerns may include:

- Changes to one's health and lifestyle
- Coping with treatments
- Anxiety, stress and living with uncertainty
- Communicating with others and making decisions
- Intimacy concerns / changes to body image
- Depression, low mood and fatigue
- How to navigate life after cancer
- Familial cancer risk
- Living with grief and loss.

Different concerns may arise after diagnosis, during treatment, and/or after the completion of treatment.

Although many people have never considered counselling in the past, cancer stretches most people's coping resources. Many will benefit from professional support to help adjust to the impact of the disease on daily life and enhance their quality of life.

Research evidence indicates that psychological interventions may improve the quality of life and well-being of those dealing with cancer.

Clinical Psychologists can work with you to identify your main concerns and develop strategies to deal with them. Interventions are based on best-practice research evidence that supports the effectiveness of interventions that use Cognitive Behaviour Therapies (CBT), mindfulness and other therapeutic techniques. Strategies involve non-drug treatments and are "solution-focused", so typically involve 3 to 10 appointments.



Lara Keogh

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**Dr Katharine
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Our Clinical Psychologists both have more than 15 years experience in health care and balance a warm approach with the provision of targeted evidence-based strategies.

Please ask your General Practitioner to address your referral to "Dear Psychologist" so we can offer you the first available appointment.

- Registered with Psychology Board of Australia
- Medicare Providers
- Participate in ongoing professional education to ensure best-practice care

To book an appointment
at NHOG Wahroonga
please call

 **9480 4280**

www.nhog.com.au

For further information on other locations
and services, please call

 **9453 3027**

or email info@headwayhealth.com.au

www.headwayhealth.com.au