



NORTHERN HAEMATOLOGY
& ONCOLOGY GROUP
www.nhog.com.au

Emotional Care for People Affected by Cancer

The **Northern Haematology and Oncology Group** at Sydney Adventist Hospital Wahroonga recognises the importance of caring for the whole person throughout their care. Our Clinical and Consulting Psychologists offer confidential counselling and psychological interventions 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 impact their sense of well-being. Common concerns may include:

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



Kerry Wagland

BSoc Sc (Psych) (Hons), PG Dip
Prof Psych MAPS



Dr Katharine Hodgkinson

BSc (Hons) M Psych PhD MAPS

Our experienced Clinical and Consulting Psychologists balance a warm approach with the provision of targeted evidence-based strategies. Our team are:

- Medicare Providers & registered with APHRA
- Participate in ongoing professional education to ensure best-practice care

You can ask your General Practitioner if you are eligible for support with fees under a Medicare GP Mental Health Care plan. Please request your referral is addressed "Dear Psychologist" so we can offer you the first available appointment.

For enquiries and booking, please call

 **9453 3027**

 **info@headwayhealth.com.au**

 **www.headwayhealth.com.au**

