

Counselling People with Cancer Including Family Members

Skills for Nurses & Other Health Workers

Register Now

Sydney, Monday, 1st March &
Tuesday, 2nd March 2010

UTS Function Centre,
University of Technology Sydney,
15 Broadway, Ultimo. NSW.



This seminar has been endorsed by APEC No 04083036 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 10.5 RCNA CNE points as part of RCNA's Life Long Learning program (3LP)

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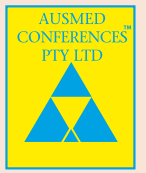
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COUNSELLING PEOPLE WITH CANCER INCLUDING FAMILY MEMBERS

DAY ONE



YOUR EDUCATORS FOR THIS SEMINAR ARE

Dr Katharine Hodgkinson

Dr Katharine Hodgkinson is a clinical psychologist and member of the College of Clinical Psychologists, Australian Psychological Society. Katharine has worked in the public and private sector providing psychosocial care to individuals affected by cancer, as well as providing education to a variety of other health care professionals. She has a specialist interest in sexuality and cancer. In 2006 she completed her Ph.D. on predictors of psychosocial outcomes in cancer survivors and their partners, and resulted in two new research measures which are being used in survivorship studies in many different countries. Katharine has published numerous research papers in peer-reviewed journals, presented at conferences, co-authored book chapters, and with Dr. Gilchrist (below) edited a key text on the psychosocial care of cancer patients and their families.

AND

Dr Jemma Gilchrist

Senior clinical psychologist with clinical experience in psycho-oncology. Since 1999 she has worked in two separate tertiary oncology services providing psycho-social care to adults with a wide range of cancer diagnoses as well as their families and carers.

Jemma has experience in educating other health professionals about the role of psycho-social support and interventions in the oncology setting. In addition, she is an Honorary Associate of the University of Sydney and provides clinical supervision to Masters level Clinical Psychology interns. She has a longstanding interest in the impact and treatment of anxiety in the medically unwell.

Both Katharine and Jemma are the authors of Psychosocial Care of Cancer Patients.

8.30am REGISTRATION AND REFRESHMENTS

9.00am THE PSYCHOSOCIAL IMPACT OF CANCER

- What is the psychosocial impact of cancer?
- A look at common concerns across the disease continuum: diagnosis to survivorship.
- The prevalence of psychological concerns.
- The impact of a cancer diagnosis on families, carers and relationships.
- Getting in touch with the needs of families and carers.

Small group activity:

Identification of possible concerns from case studies.



10.30am MORNING TEA AND COFFEE

11.00am PROVIDING SUPPORT: HOW CAN WE HELP?

- Discussion of the role of the health professional in delivering care.
- What are the common challenges for health professionals?
 - Normal responses of health professionals and barriers to care.
 - How to survive as a health professional including professional and practical considerations.

Small group activity:

Why is this a challenging area in which to work?

11.30am A PRACTICAL MODEL FOR PROVIDING CARE

- Permission, Limited Information, Specific Suggestions, Intensive Therapy (PLISSIT). How does this model provide a practical method for assessing and intervening with concerns?
- Guidelines for using the PLISSIT model when counselling patients, families and carers.

Small group activity:

What services and supports are available to you?

12.00pm ASSESSMENT AND COMMUNICATION SKILLS

- How to build relationships with good communication skills.
- Why is communication difficult for the health professional?
- Why is communication difficult for the patient and family?
- Communication within the care team.

1.00pm LUNCH BREAK & TIME TO NETWORK

2.00pm ELICITING AND ASSESSING CONCERNS

This session will review key skills.

- Establishing a therapeutic relationship.
- Active listening competencies.
- Effective use of non-verbal skills.
- Eliciting and assessing specific concerns.
- Normalizing experiences.
- Responding empathically to a wide range of emotions, e.g. the angry patient, extreme distress.
- Encouraging adaptive adjustment.

Small group activity:

How to ask about specific concerns.

3.00pm AFTERNOON TEA AND COFFEE



3.30pm ROLE PLAY

Uncovering specific concerns and responding appropriately.

4.15pm CLOSE OF DAY ONE OF SEMINAR

ATTENDANCE

For all health workers, especially nurses, who are caring for people with terminal cancer.

AIMS AND OBJECTIVES

At the end of this seminar it is expected that the participants will be able to:

- Identify the psychosocial concerns for cancer patients and their loved ones.
- Recognise the role all health professionals can play in providing support.
- Develop therapeutic partnerships with patients and their families.
- Develop communication skills to assess concerns, interventions, and/or referral option to people with cancer.
- Implement strategies to deal with challenging areas of communication.

9.00am

ADDRESSING COMMON CONCERNS

This session will provide a review of symptoms and specific suggestions for assessment and intervention for these common concerns. Case studies will be used to generate ideas for management options.

- Anxiety.
- Depression.
- Sexuality and body image concerns.
- Death and dying.
- Survivorship.

Group activity:

Case studies using actual clinical examples.

10.30am

MORNING TEA AND COFFEE



11.00am

SUPPORTING AND INTERVENING TO ASSIST A PERSON WITH CANCER

Selecting interventions which match patient and family needs.

- How to plan and evaluate an intervention.
- Indicators for further assessment and intervention.
- Referral strategies and options.

Role play:

Assessment and intervention with various clinical presentations.

1.00pm

LUNCH & TIME TO BROWSE THE BOOK DISPLAY

2.00pm

CHALLENGING AREAS OF COMMUNICATION

Sexuality and body image concerns.

- Death and dying.

Small group activity:

How to respond to confronting issues.

Role play:

Identifying and responding to sexual functioning concerns.

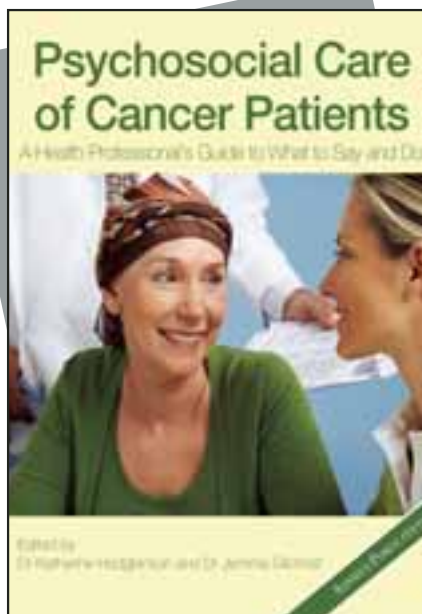
3.00pm

PUTTING IT ALL TOGETHER

- Strategies for translating skills into practice.
- Where to from here?

3.30pm

CLOSE OF SEMINAR AND EVALUATIONS



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**Counselling People With Cancer
Including Family Members: Sydney**

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Monday, 1st March & Tuesday, 2nd March 2010

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To obtain a Tax Invoice prior to paying simply register online and click the invoice option. Registration includes lunch, refreshments and education notes.

VENUE:

Sydney

UTS Function Centre,
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