CANCER MIND CARE

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Managing the Psychological Impact of Fear of Cancer Recurrence

Fear of cancer recurrence is one of the most common and distressing concerns among people affected by cancer. This impactful webinar brings together diverse perspectives to explore the emotional toll of this fear and offer evidence-based strategies for support and management.

Guest Speakers

- **Cathy Caird – a consumer perspective.** Cathy has lived experience of multiple myeloma diagnosed in 2017, she will generously share her experience of fear of recurrence.
- **A/Prof Ben Smith – a research perspective.** Ben is a a Cancer Institute NSW Career Development Fellow and Senior Implementation Scientist, at the Daffodil Centre, University of Sydney and Cancer Council NSW
- **Dr Fiona Lynch – a psychology perspective.** Fiona is a Clinical Psychologist who has both clinical and research experience in supporting people to manage their fear of cancer recurrence. Dr Lynch was the project manager of the Fear-Less project at Peter Mac, developing a stepped-care intervention to manage fear of cancer recurrence for people with advanced melanoma.

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The authors acknowledge that it is possible that other relevant guidelines or scientific findings may have been published since the development of the website.