

19<sup>th</sup> IPOS WORLD CONGRESS 2017  
**ACADEMY WORKSHOP DESCRIPTION**

Workshop title: **Fear of cancer recurrence: A novel framework and therapy model**

Workshop chairs: Jane Turner, University of Queensland, Australia;  
Belinda Thewes, Radboud University Medical Centre, Netherlands

Length and Language: Full-day workshop. The workshop will be held in English.

**Workshop description:**

This workshop will provide an overview of frameworks for understanding fear of cancer recurrence (FCR) and will present a novel framework combining elements of Self-Regulatory Executive Function (S-REF) model, Relational Frame Theory and Self-Regulation Theory. The therapy based on this model, incorporating elements of metacognitive therapy, acceptance and commitment therapy and psycho-education will be described in detail, including evidence from a recent RCT demonstrating the effectiveness of this intervention in reducing FCR. Practical strategies will be described and practiced in the workshops so that participants will develop skills in assisting patients with high FCR.

**Learning objectives:**

1. Describe several theoretical frameworks for understanding fear of recurrence
2. Ability to deliver methods to reduce attentional focus on concerns about cancer, including attention training
3. Describe and deliver methods to teach mindfulness in the context of fear of cancer recurrence

**Target audience:** Psychologists, social workers and nurses with clinical experience in oncology and familiarity with cognitive therapies.



**Professor Jane Turner** is a psychiatrist who has worked for over 20 years in oncology. She has taken a leading role in Australia in developing psychosocial clinical practice guidelines. She is an investigator on a large multi-site Australian study assessing the impact of this intervention for fear of cancer recurrence (Conquer Fear). She has extensive experience in delivering the intervention to study participants, and regularly provides training of psychosocial staff to participate as therapists in the study. She has delivered workshops on the intervention internationally.



**Dr Belinda Thewes** is a clinical and research psychologist who has worked more than 15 years in psycho-oncology. She is currently employed as a post-doctoral researcher within the Department of Medical Psychology, Radboud University Medical Centre, The Netherlands. Her research has focused on fear of cancer recurrence (FCR), issues facing young women with cancer, fertility issues, treatment decision-making, multi-disciplinary teams in cancer care, and the psychological impact of hereditary cancers. Belinda is current Chair of FORWARDS, the fear of cancer recurrence Special Interest Group of IPOS. Belinda has authored or co-authored more 16 manuscripts on the topic of FCR.