



PSYCHO-EDUCATIONAL & PSYCHO-THERAPEUTIC PERSPECTIVES ON SCREENING FOR & WORKING WITH PROSTATE CANCER RELATED EMOTIONAL DISTRESS

In this workshop we will explore the virtues and limitations of both psycho-educational and psycho-therapeutic approaches to patients care.

You will learn;

- About the pro's, con's and application of various screening tools.
- The difference between a symptom neurosis and a character neurosis and why it matters.
- A range of psycho-educational tools for decision making, problem solving, relationship issues and so on.
- The virtues of getting to 'know someone' as opposed to learning 'about someone' (the 'facts' of their lives).
- How sometimes it's enough to be able to just feel an emotion without necessarily having talk about it.

And you will learn about when and how to refer: and to whom.

It is hoped that through exploring these themes together we collectively arrive at new understandings that will in turn help you to feel more confident in your own abilities with regard to working with patients / partners going through emotional distress.



Thursday 21 August, 2025
0830 – 1245



FACILITATORS

Mr Max Rutherford
Psychologist, Royal Melbourne
Hospital, VIC



Ms Shan Morrison
Physiotherapist, Women's &
Men's Health Physiotherapy, VIC

0830-0835	Welcome
0835-0910	Introduction to radical listening (Van Nieuwerburgh & Biswas-Diener) & Practice exercise
0910-0940	Psychological impact of prostate cancer & Practice exercise
0940-1015	Distress screening & Practice exercise
1015-1030	Factors that contribute to psychological wellbeing in general
1030-1100	Morning Tea
1100-1130	Factors that contribute to psych wellbeing for prostate cancer & Practice exercise
1130-1145	Psychological help in general (core factors model)
1145-1200	Psychological help for men with prostate cancer
1200-1215	When & how to refer
1215-1245	Practitioner Self Care
1245-1330	Lunch

**Program correct at time of publication.*

FIND OUT MORE

Scan the QR code to learn more about the APCC25 workshops.

For a 10% discount use code **UROLOGY10**

