

## CONTACT DETAILS

### Perth Breast Cancer Institute

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**CLINICAL  
PSYCHOLOGY  
SERVICE**

## MANAGING THE IMPACT OF BREAST CANCER

Breast cancer can bring physical, emotional, spiritual and role changes. Some changes may be appreciated, like bringing people closer together. Other changes may be more difficult to manage, such as feelings of stress, vulnerability, and loss of control.

For patients under the care of PBCI specialists, this service aims to assist you and your family with the impact of breast cancer during and after treatment.

Our clinical psychologists may assist with:

- Distress about the diagnosis including worry, anxiety, sadness, anger, or irritability
- Coping with the feelings and reactions of those around you, including children, family members or friends
- Distress as a consequence of your breast cancer treatment
- The impact of treatment on relationships and sexuality
- Loss of confidence
- Feeling alone, even if you have supportive people around you
- Psychological aspects of treatment decision-making

You and your family members will cope with the stress of cancer in your own ways. When the issues described above are getting in the way of what you value in life, then focussed psychological therapy is available.

## HOW CAN A PSYCHOLOGIST HELP?

It may be easier to talk with someone who is outside of your circle of family and friends. We work in collaboration with your PBCI specialist and other members of the team, using an evidence-based approach to provide constructive and supportive strategies.

As part of the PBCI team, we can assist with specialised knowledge and skills to improve your well-being, reduce feelings of distress and enhance meaningful living.

We also offer specific programs and therapies including:

- Cognitive-behavioural therapy (CBT)
- Acceptance and Commitment therapy (ACT)
- Mindfulness-based therapies (MBCT)
- Don't Sweat It - CBT for hot flushes and night sweats (individual or group)
- Conquerfear to assist with fear of cancer recurrence
- Resilience strategies and support regarding the coping and well-being of children
- Interpersonal process therapy

Members of your family are welcome to come with you, or they can see a psychologist separately.

## REFERRAL & BOOKING INFORMATION

- Please ask your breast care nurse or PBCI specialist to assist with a referral. You can also request our Clinical Psychologist to contact you to discuss the service.
- At any stage, including before and after hospital treatment, you can request a referral.
- In most cases, a referral from your General Practitioner under the Better Access to Mental Health Scheme is required.
- The service is by appointment only. We do not provide crisis or emergency services.
- Appointments are 50 minutes long.

## COST

Under the Medicare Better Access Scheme, your appointments will be bulk billed so there is no cost to you.

