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And, your Family



PROSTATE CANCER SUPPORT

City of Onkaparinga Group

South Australia

**An affiliate Member of the Prostate Cancer Foundation of Australia, and a member of:-
The PCFA Central Australia Chapter**

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OUR GOLDEN RULE: We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.

We do however give you our wholehearted support.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health and to all who support us.

MAY/JUNE 2016 NEWSLETTER (No 137)


Your own local Newsletter

Our Editor John Shields accepts responsibility for the content of this newsletter.

Present: 15

Apologies: Brian & Rhonda Foreman, Margaret Kalisch and Matthew Selfridge.

Our Chairman Malcolm Ellis welcomed everyone to our May meeting, and we had a good Round Robin, and this gave everyone the opportunity to share their Prostate Cancer experiences since our April meeting.

 Our Guest Speaker for tonight was Tim Upsdell a Psychologist who spoke with us about dealing with Grief and Loss which can come with a diagnosis of serious illness. Tim is the Principal Psychologist at Fleurieu Psychology Services. His academic qualifications include a Masters in Psychology (Organisational). He has also completed a Certificate in Family Therapy from the Dulwich Centre and has training in a number of specific techniques including Cognitive Behavioral Therapy, Solution Focussed Therapy, Narrative Therapy, Hypnosis and Rapid Eye Movement Desensitisation. He worked for ten years with offending and homeless youth, and thirteen years in the area of Vocational Rehabilitation for people with disabilities, both physical and psychological before establishing Fleurieu Psychology Services in 2003. Tim consults at Tavwick House Christies Beach on Monday and Tuesday, Goolwa every second Wednesday, Victor Harbor every Thursday, Aldinga Medical Centre every second Friday, and GPAxis every second Saturday.

Tim gave an interesting interactive talk about Grief and Loss and this encouraged some really good input from some of our Members, who took every opportunity to express their thoughts and ask questions that Tim was only too happy to respond to.

He spoke about Coping, our Psychological attitude, the type of personality and how complex things can be.

The next question was about the impact it has on the family and how everyone is affected, then on to a discussion about the Symptoms associated with Post Traumatic Stress Disorder, and the classic stages of Grief. (1) Denial Stage, (2) How are we going to deal with it, (3) Who can I blame, and a lot of blame toward people and how this is not going to change anything, (4) Depression - people spoke about their own experience. (Tim said that these phases are quite normal.

Tim then talked about our recovery and Chronic Dysfunction and said that this is the time to see a Psychologist - when someone gets into Stress it is hard to get out.

He also said that it is good to know the stages, but not to be held hostage to them.

He explained about maps to work your way through and said that Trauma is a major Psychological reaction.

There has to be evidence of all three dynamics for Stress to be diagnosed, and if there are only two, Stress cannot be diagnosed.

He then spoke of other ways - having flashbacks, or dreams and said that Post Traumatic Stress Disorder (PTSD), is an intrusive experience - something out of the blue.

Avoidance: Has a type of dynamic associated with it. People will stop going out, however avoidance does not work.

In terms of illness or Cancer, thinking is a way of avoidance - I don't think about the Cancer, its as if I haven't got Cancer. Acknowledgement comes first.

PTSD is an anxiety disorder, the person becomes anxious, angry and this is one of the types of emotions that comes out of Trauma.

It was good to see the interaction between Tim and our Members, and I feel sure that Tim would be very welcome if he was to talk with us again.

Thanks to Beverley for the information that has been included about Tim.

Our June get together:

We had a very good outing to the Aussie Inn once again, and caught up with some old friends. This was an ideal opportunity to put our care's behind us, and enjoy each other's company.

Rito's:

This was followed by a luncheon at Rito's, 101 Beach Road, Christies Beach, that is being attended by some members- and visitors-on the second Thursday after each meeting. This is proving to be beneficial to our member's as well.

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG and Hobart & Eastern Shores PCSG'S.

 **OUR NEXT MEETING IS ON
WEDNESDAY 7th JULY 2016
AT 6.30 PM AT NOARLUNGA COMMUNITY HOSPITAL
ALEXANDER KELLY DRIVE, NOARLUNGA.**