

Coping with Fear and Looking after your Emotional Wellbeing

Psychosocial aspects of living with ovarian cancer

17th June 2020

About the presenters

Dr Jemma Gilchrist



Dr Jemma Gilchrist is a senior clinical psychologist with a special interest in the emotional care of individuals and families coping with cancer. She is actively involved in research to develop new ways of treating common fears and concerns as well as improving communication between patients and health care professionals. Since 1999, Dr Gilchrist has worked in cancer centres in the public and now the private sector. She is the founder of the practice “Mind My Health” in Sydney. In this webinar Dr Gilchrist will

speak about the emotional rollercoaster of coping with the fear of the cancer recurring or progressing and the some strategies to help manage these emotions.

Hayley Russell



Hayley Russell is a Support Coordinator at Ovarian Cancer Australia. Hayley is a trained counsellor with a background in cancer care and grief, trauma and loss counselling within a community palliative care context. She completed her education and training through Swinburne University, Melbourne, St Joseph’s Hospice, London and the Australian Centre for Grief and Bereavement. She has previously presented data at International Psycho-Oncology Symposium, Oncology Social Workers

Australia, Cancer Nurses Society of Australia and VCCC Survivorship conferences. She is currently involved in several research projects in ovarian cancer and sexuality, impact on male carers, fear of recurrence and unmet needs. In this webinar Hayley will speak about Maintaining Self-Care and Self-Compassion through an Ovarian Cancer Experience.

Clare O’Donnell



Clare O’Donnell was diagnosed with stage 4 high grade serous ovarian cancer four and half years ago at the age of 47. She has been on treatment since that time and is currently on a clinical trial. She lives with her husband and dog. Clare does not put her life on hold because she has cancer and recently travelled around Australia in a motor home for 7 months, where she received chemotherapy at various hospitals along the way. Clare will share her experiences and thoughts on how she has coped with living with ovarian cancer and how she manages her fears of recurrence.