

## **BEN SMITH**

Dr Ben Smith is a Postdoctoral Fellow at the Centre for Oncology Education and Research Translation (CONCERT), Ingham Institute and UNSW Australia.

Previously Ben jointly coordinated the ConquerFear study, which found that a novel therapist-delivered intervention (ConquerFear) was effective in reducing fear of cancer recurrence. Ben is leading the development of an online version of ConquerFear to make evidence-based treatment for fear of cancer recurrence more accessible.

Ben is also helping advance international research on fear of cancer recurrence through his role as deputy chair the International Psycho-Oncology Society Fear of Cancer Recurrence Special Interest Group.

Ben will talk about what the latest research shows regarding the impact and management of fear of cancer recurrence in people affected by ovarian cancer and cancer more generally.

## **MARIA FTANOU**

Dr Maria Ftanou is the head of the Clinical Psychology Department at the Peter MacCallum Cancer Centre in Melbourne and a Research Fellow at the School of Population and Global Health at The University of Melbourne. Maria has over 17 years of clinical experience, primarily in the field of psychosocial oncology. She and her team provide evidence-based psychological interventions to people with cancer and their families across the cancer trajectory.

Maria is interested in developing and implementing research that uses novel technologies and interventions aimed at improving the wellbeing and mental health outcomes for people with cancer and their families. Maria has been the recipient of multiple competitive grants and published in national and international peer review journals.

Dr Ftanou will talk about what this anxiety around fear of recurrence is, when it may arise and some techniques to help manage the fear.

## **JAN ANTONY**

Jan, 74, was diagnosed with Stage III ovarian cancer in 2008 and has survived despite the cancer returning three times. She has been cancer free for the last four and a half years, and shares her thoughts on what worked for her when the fears of recurrence surfaced, as they always do.