



Ovarian  
Cancer  
Australia

## Presenters



### **Dr Katharine Hodgkinson**

Dr Katharine Hodgkinson is a Clinical Psychologist with over 18 years' experience in client care, research and education. She has a long standing interest in women's cancer care and worked in a hospital based gynaecological oncology service for eight years.

Katharine currently leads a team of Clinical and Consulting Psychologists at Headway Health working with those affected by cancer and other emotional and health concerns, as well as carers, families and loved ones. The team provide research-based interventions based on current best-practice research evidence that supports the effectiveness of interventions that use Cognitive Behaviour Therapies (CBT), mindfulness and other therapeutic techniques. Interventions may assist with managing common concerns such as depression/low mood; anxiety/stress and living with uncertainty; communication and care decision-making; managing pain, fatigue and sleep difficulties; living with adjustment and grief, and managing intimacy and sexuality. Headway Health provides clinics within hospital, general practice and private settings in Sydney.

Katharine has published numerous research papers and has co-authored several book chapters on psychological and spiritual issues in gynaecological oncology, cancer survivorship, and psychosocial concerns in melanoma care. Katharine's PhD identified predictors of distress and unmet supportive care needs in cancer survivors and their partners, and resulted in the development of two empirically validated measures to assess unmet needs in cancer survivors and their partners. Katharine has ongoing involvement in educational activities with both patients and health professionals and co-edited the book: "Psychosocial Care of Cancer Patients. A Health Professional's Guide to What to Say and Do" (Hodgkinson K and Gilchrist J, Ausmed Publications 2008). She has a special interest in addressing intimacy concerns, a neglected area of health care.

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email [support@ovariancancer.net.au](mailto:support@ovariancancer.net.au) or phone 1300 660 334.



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### Denise Firth

Denise Firth was diagnosed with Breast Cancer in 1988 and Ovarian Cancer in 2004. She has had surgery, Radiotherapy and numerous Chemotherapy treatments.

She is passionate about women sharing their experiences, supporting and informing each other. She happily gives insight into what has assisted her along her journey.

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