

THE EXPERIENCE OF CANCER WILL AFFECT YOU AND YOUR WHĀNAU IN DIFFERENT WAYS

Cancer may affect you and your whānau/family emotionally, physically, and spiritually and impact on your relationships. The response that you have may be very different from that of your whānau/family.

We are a small team of clinical psychologists experienced in working with people of all ages with cancer and with their whānau/family.

While it is normal to experience significant distress with a cancer diagnosis and treatment, we know that there are a range of strategies and approaches that can help people more easily manage this difficult time in their lives.

We work with people and their whānau/family at all stages of the cancer journey, from diagnosis to treatment and beyond.

If you and/or your whānau/ family would like to talk to one of our team members and find out more about how you might benefit from the Service, then please ask your health professional (doctor, nurse, Māori Cancer Co-ordinator, specialist, family doctor, etc) to make a referral (contact details on back page).

The Service is free for the user, funded by the District Health Board.

WHAT IS PSYCHOLOGY?

Psychology provides a research base, useful ideas and practical approaches to manage a range of human experiences and problems.

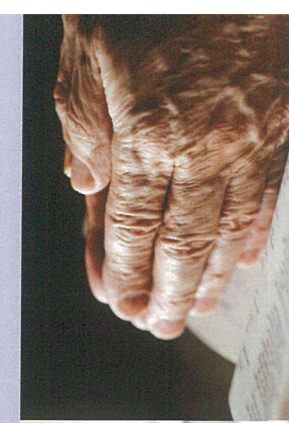
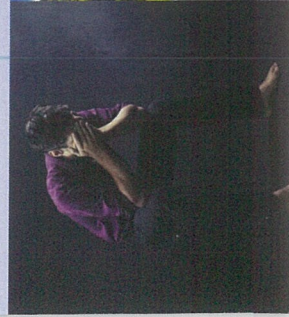
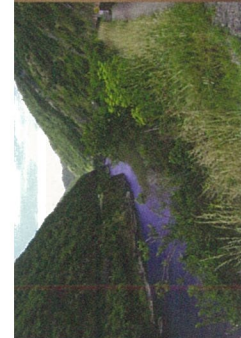
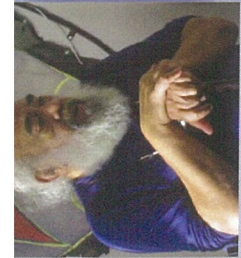
During an appointment with one of our team, a person can add to their own resources and skills. For example, learning:

- how to self manage anxiety and handle medical procedures or appointments better;
- how to use strategies to improve sleep, how to get more out of their intimate relationships;
- how to handle the adjustment to change that goes on alongside cancer treatment in a more constructive way.

WHAT TO EXPECT?

- We will contact you to arrange a suitable time and place to meet
- You can meet a psychologist on your own or with your partner, and/or other whānau/family members present
- The first meeting is usually spent talking with a psychologist about your situation
- Together, you and the psychologist can plan from there about how best to deal with the issues you are experiencing.

Hinengaro/Emotions, Whānau/Family, Tinana/Physical, Wairua/Spiritual



Te Ara Whatumanawa refers to the pathway to deeper emotions. This name was given to the Cancer Psychology Service by our Kaumatua in May 2006.

CONTACT

You are welcome to contact us if you would like to know more about the Service.

Telephone: (06) 350-5180

Facsimile: (06) 350-2264 | Email: cancer.psychology@massey.ac.nz

Cancer Psychology Service/ Te Ara Whatumanawa
Psychology Clinic PN319, Massey University, Private Bag 11-222, Palmerston North 4442

<http://cancer-psychology.massey.ac.nz>

"Helped me get my confidence back. Taught me how to handle my anxiety."

(Client feedback)

"It made us look at things differently."

(Client feedback)

"We have found the Cancer Psychology Service invaluable for patients dealing with their illness and the consequences of treatment."

Dr Bart Baker,
Haematologist and Clinical Director RCTS.



HELLO
KIA ORA
TALOFA LAVA
MALO E LELEI
FAKKALOFA LAHI ATU
BULA VINAKA
KIA ORANA
TALOHA NI



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