

# Training Workshop

*Delivering Psychological Care for Men with Prostate Cancer:  
An Intensive Training Workshop for Health Professionals*

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## About the workshop program

Men who are diagnosed with prostate cancer are at risk of heightened psychological distress, often have high unmet psychological support needs, and have a 70% greater risk of suicide than men in the general population. Yet many men do not receive timely psychological care after their diagnosis. This program aims to address this gap in care.

The *Delivering Psychological Care for Men with Prostate Cancer* training program is for health professionals who have knowledge and experience working with people with cancer. The workshop is designed around the delivery of evidence-informed care that addresses the psychological challenges commonly experienced after a diagnosis of prostate cancer. This approach intersects with the survivorship domains of vigilance; evidence-based interventions; and personal agency; and health promotion and advocacy.

Guidance is provided around vigilance and surveillance of psychological well-being by incorporating screening for distress into the care model. The intervention strategies applied are informed by evidence on effective psychological care for men with prostate cancer applying a cognitive behavioural approach and drawing from three main perspectives: stress and coping; problem-solving; and psychological flexibility. A men-centred approach ensures personal agency is supported.

The program includes three core Study Elements that connect sequentially supported by *The Health Professionals Guide to Delivering Psychological Care for Men with Prostate Cancer* and a reflective learning Participant Training Workbook with set pre-reading. Small group learning cohorts (maximum of 20 participants) are utilised with a focus on connecting theory and evidence to practice. Remote and face-to-face delivery modes are available.

## About the trainer

Professor Suzanne K Chambers AO, PhD, RN, FCHP

Professor Chambers AO is a health psychologist and registered nurse who has been working as a practitioner-researcher in psycho-oncology for over 30 years. She was awarded her PhD in 2004 within the School of Psychology at Griffith University and has over 300 peer reviewed publications and numerous books, book chapters and monographs. Her work has focussed on developing models to predict help seeking and adjustment after cancer: designing remote access psychological interventions for people affected by cancer; integrating

peer support into controlled design methodologies; and integrating distress screening into interventions to target high distress cancer patient groups. Professor Chambers was appointed an Officer in the General Division of the Order of Australia (AO) in 2018 for distinguished service to medical research particularly in the area of psycho-oncology and to community health through patient care strategies to assist men with prostate cancer. She is a Board member of Health Male (Andrology Australia).

For further information about training dates and costs contact:  
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