

# WACOG Educational Meetings 2012 Keynote Speaker Series



**Thursday  
19 January 2012**



**Dr Elizabeth Foley**

BA (Psych), Hons,  
MPsychol (Clinical), PhD (Psych)

Welcome  
Refreshments  
at 5.30 PM

## **1. Mindfulness-Based Cognitive Based Therapy for Cancer Patients: Current Evidence and State of Play**

A review of the theoretical foundations of MBCT and empirical status of mindfulness based therapies in cancer services. An interactive discussion of research directions will follow the presentation.

**6.00 PM Start**

## **2. Kindness in Cancer Care**

This presentation will cover the issue of 'striving' and a lack of compassion in those affected by cancer. Ideas for management of this issue by patients and by clinicians for better outcomes will be presented. Discussion of these ideas will follow.

**7.30 PM Finish**

**Level 3  
Auditorium  
St John of God  
Hospital**

Elizabeth Foley is an internationally recognised clinician and researcher in the area of mindfulness. She is based in Sydney, New South Wales and has a long-term personal practice of mindfulness meditation, extensive training in mindfulness based approaches and has completed a PhD on using mindfulness in therapy. Elizabeth has also published research on the application of mindfulness based techniques with oncology patients and survivors.

25 McCourt Street  
Subiaco

Over the last several year Elizabeth has been training clinicians in using mindfulness in therapy and currently supervises staff on several mindfulness trials in collaboration with Cancer Council Queensland, the Melbourne Women's Hospital and Sydney University

Elizabeth will deliver two keynote presentations followed by open moderated discussion.

**Chair: Paul Katris, WACOG Executive Officer**

Please RSVP Tuesday 17 January 2012 by fax: 9212 4398, phone: 9212 4375  
or email: [wacog@cancerwa.asn.au](mailto:wacog@cancerwa.asn.au)

Yes, I will be attending this meeting

Name: ..... Organisation: .....

Email: ..... Phone no: .....



Government of Western Australia  
Department of Health  
WA Cancer and Palliative Care Network