

# Prostate Cancer Support: Unmet Needs, Unclear Solutions

## PRESENTER:

### **Betsy Bates Freed, MA, PsyD, Licensed Clinical Psychologist**

Prostate cancer is the second leading cause of cancer death in American men, responsible for 34,500 deaths per year. Research demonstrates that myriad aspects of prostate cancer screening, diagnosis, management, and treatment exact a profound psychological toll on patients at every stage of the disease. However, men's psychological distress is poorly researched and understood in comparison to the vast attention and resources given to women with breast cancer, who face similar uncertainty, fears, physical challenges, sexuality and identity concerns, and psychological sequelae. In this presentation, medical and mental health professionals will learn about men's unmet needs in psychosocial adjustment to prostate cancer and how they might adjust their approach and focus to provide relevant and receptive assistance to cancer patients and their potentially overburdened partners during a time of significant need.

## LEARNING OBJECTIVES:

- Describe prostate cancer as a threat to men's health, psychological well-being, and lives, especially in the context of controversial screening guidelines and treatment options.
- Compare and contrast the research guiding clinical practice regarding breast cancer and prostate cancer, diseases that share similar epidemiological and psychological features.
- Design a working framework for case conceptualization and treatment planning that would be culturally relevant and therapeutically sound in assessing and addressing the unmet needs of men with prostate cancer.

**BETSY BATES FREED, MA, PSYD**, is a licensed clinical psychologist and medical journalist with a special interest in the intersection between physical illness and emotional well-being. Born and raised in Colorado, she graduated from Denison University, Granville, Ohio, with a degree in writing. She worked as a daily newspaper reporter and editor, a contributor to numerous books on health and wellness, and a medical correspondent and bureau chief for International Medical News Group, a series of independent clinical newspapers for physicians. She received her master's and doctorate degrees in clinical psychology from Antioch University Santa Barbara, following an internship at a family practice residency program and clinic in

JUNE 2023

Santa Barbara Cottage Hospital  
Psychiatry and Addiction Medicine  
Department invites you to virtually  
attend its June 2023 presentation.

**TUESDAY, JUNE 27, 2023**

Noon to 1:30 p.m.  
No meals or breaks provided.

Please register at:  
[cottagehealth.org/psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive  
a confirmation email containing  
information about joining the training.

**FREE COMMUNITY EVENT**

Glendale, California. Her limited clinical practice focuses on patients and families as they manage cancer, neuromuscular diseases, and dementia. She also teaches psychology at the graduate level and is writing a book for therapists about working with families of dementia patients. Dr. Bates Freed and her husband, writer David Freed, live in Santa Barbara with their Australian Shepherd. They have two children and three grandchildren.

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

- **LMFTs, LCSWs, LPCCs and LEPs:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- **Registered Nurses (RNs):** Course approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health Employees will receive certificates in Compass Learning after completed evaluation is processed.

## CONTINUING EDUCATION CREDIT FOR PHYSICIANS AND PSYCHOLOGISTS

- **Physicians:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **Psychologists:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speakers of this live internet activity have stated that they do not have any relationships with ineligible companies. This activity did not receive commercial support.

### PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT  
Frances McKinney

### EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN  
Tamara Norton, MHS, CPCS

### TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
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