

COMMON SIGNS OF DISTRESS

Worries or Fears Despair or Hopelessness
Sadness or Tearfulness Anger
Feeling Worthless or Guilty Sleep Problems
Appetite Changes Concentration Problems
Irritability Feeling Lonely or Isolated

Distressing Thoughts about Illness,
End of Life, or Death

HOW WE CAN HELP

The Psycho-Oncology Service offers evidence-based psychological treatment that is individualized for each person's unique background, life experiences, and health issues.



OUR MISSION

To provide high quality psychological services to individuals living with and affected by cancer.



Butterfly Rainforest
Florida Museum of Natural History

DISTRESS IS COMMON, BUT HELP IS AVAILABLE

Distress is common among people living with cancer. When distress is high, bothersome, or long-lasting; psychological treatments may be helpful. Please speak with your health care provider about whether Psycho-Oncology services may benefit you.

PSYCHO-ONCOLOGY SERVICE

Department of Clinical & Health Psychology
College of Public Health and Health Professions
University of Florida
www.psychooncology.phhp.ufl.edu

UFHealth

UNIVERSITY OF FLORIDA HEALTH

**Psychology
Specialties Clinic
Psycho-Oncology Service**

Practicing the Science of Hope



The Water Gardens
Knapaha Botanical Gardens

DIRECTOR

Deidre B. Pereira, PhD, ABPP
Associate Professor & Associate Chair
Licensed Psychologist
Department of Clinical & Health Psychology
Clinic Phone Number (352) 265 0294



Dr. Deidre B. Pereira, Director

Dr. Pereira completed her PhD in Clinical Health Psychology at the University of Miami in 1999. She completed a one year postdoctoral fellowship in the Department of Psychology at the University of Miami in 2000. She served on the faculty as a Research Assistant Professor in the Departments of Psychology and Obstetrics and Gynecology at the University of Miami from 2001 - 2003. In 2003, she joined the faculty in the Department of Clinical and Health Psychology at the University of Florida as an Assistant Professor. She is currently a tenured, Associate Professor and the Attending for the Psycho-Oncology Service in UF Health Psychology Specialties. In addition to clinical work, Dr. Pereira has an active research program that examines psychoneuroimmunologic mechanisms of health and well-being in cancer.

UF HEALTH PSYCHOLOGY SPECIALTIES CLINIC

Situated on the Ground Floor of the University of Florida Health's North Tower (G091), the Psychology Clinic is home to a number of outpatient clinics that serve the mental and behavioral health concerns of a variety of individuals with chronic and life-limiting diseases. You may ask your UF health provider for a referral or call the Psychology Clinic at (352) 265 0294 for more information.



OUTPATIENT PSYCHOLOGICAL EVALUATION

Your first visit with the Psycho-Oncology Service will be comprised of a one hour interview with Dr. Pereira and her team. You may also be asked to fill out some questionnaires. At the end of the visit, your providers will share their impressions and recommendations about how you may optimize your health and well-being as you manage your cancer.



We assist people affected by all types and stages of cancer.

The talk therapies that we use have been shown in research to help people affected by cancer.

A frequent recommendation is to participate in psychological treatment to assist you with managing any cancer-related distress you may be having. Sessions are facilitated by pre-doctoral graduate students and interns in Clinical & Health Psychology under Dr. Pereira's supervision. They are typically 45 minutes in length and held once a week. The length of treatment will vary according to your individual circumstances.

OUTPATIENT PSYCHOLOGICAL TREATMENT

INPATIENT PSYCHOLOGICAL SERVICES

Being in the hospital can be a very distressing experience. The Psycho-Oncology Service is available to assist you during this time. Please ask your Physician, Nurse, or Oncology Social Worker for more information about how to access Psychology services during your stay.

Talk and relaxation therapies may be used to assist you with managing distress and other bothersome symptoms while you are in the hospital

