

“Responding to Trauma and Loss from the COVID-19 Pandemic”



The COVID-19 pandemic is presenting everyone with a variety of death and non-death losses that are transpiring in circumstances which themselves have varying degrees of personal traumatization. These range from the suddenness of a loved one's death; to the inability to be with them to say goodbye; to the lack of funeral rituals; to contending with life threat and potential loss of others; to the attempt to mourn the person while balancing demands of isolation, severe violation of the assumptive world, and professional and economic instability; among many others. Further, over time, repeated experiences of trauma and loss are being visited upon persons as a consequence of discovery of new variants of the virus; re-institution of lockdowns and consequent social unrest and economic devastation; rising rates of health anxiety, relationship strain, domestic abuse, mental health problems, suicides, and deaths of despair (e.g., accidental overdoses, withering away of isolated elderly); concerns about vaccine safety and efficacy; health disparities; and political differences in assessing and responding to the pandemic.

The painful reality is that elements that were identified pre-COVID-19 to predict high risk for personal traumatization, complicated mourning, and failures in adaptation are now *routinely* found in today's situations. This is creating a tsunami of mental, physical, behavioral, and social health problems, along with significant economic distress, which will ripple out into the future for decades. This webinar will identify the issues of trauma and loss in today's pandemic, will explore how they influence each other, and will survey the short and long-term challenges that are created. It will then delineate effective strategies for coping with the unique problems posed by COVID-19 trauma and loss. The focus will be on one's work as a professional, as well as on personal self-care.

Date and Time:

**March 8 & 9, 2021
1pm – 4:15pm EST each day**

Target Audience:

- * Mental Health Professionals
(Psychologists, Social Workers, Counselors, Marriage and Family Therapists)
- * Peer Team Members
(Law Enforcement, Fire, EMS, Dispatch)
- * Chaplains/Clergy/Caregivers
- * Funeral Directors
- * Hospice Bereavement Workers
- * Medical Professionals
- * Nursing Home Professionals

Platform:

Zoom – 6 Contact Hours

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_HV1QPGeDSM20TPRDPFmoEA

CEUs:

CEUs for some mental health professionals have been applied for.

Trainer:

Therese A. Rando, Ph.D., BCETS, BCBT is a clinical psychologist, traumatologist, and thanatologist. She is the Clinical Director of The Institute for the Study and Treatment of Loss in Rhode Island.

In matters related to loss and grief, illness, injury, dying, trauma, disaster, and stress reactions of first responders and medical personnel, she provides services through psychotherapy; consultation; supervision; training / education; expert witness consultation; media commentary; research; and writing.

The recipient of numerous professional awards, she is a national media resource expert for the American Psychological Association and in that capacity has appeared extensively on television, radio, and online. Current professional foci include treatment of complicated mourning, interventions for traumatic bereavement, self-help after sudden death of a loved one, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, and stress reactions of first responders.

Among her numerous publications, Dr. Rando is the author of *Treatment of Complicated Mourning; How To Go On Living When Someone You Love Dies*; and *Grief, Dying, and Death: Clinical Interventions for Caregivers*; and is a co-author of *Treating Traumatic Bereavement: A Practitioner's Guide*. Her forthcoming book is *Coping With the Sudden Death of Your Loved One: A Self-Help Handbook for Traumatic Bereavement*.

