



Therapeutic Response to Traumatic Loss in the COVID-19 Pandemic Short- and Long-Term Challenges

Presented by

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Overview This Webinar will identify the issues of trauma and loss that visit persons in the pandemic. The first afternoon will explicate trauma and loss issues and how they influence each other and have played out in the pandemic to create mental health distress and dysfunction. The second afternoon will delineate a set of 12 effective strategies for coping with unique issues generated by COVID-19 trauma and loss. Dr. Rando will focus on one's work as a professional, as well as on personal self-care.

Objectives - Participants will be able to describe:

1. associations between trauma and loss (death and non-death) in the COVID-19 pandemic
2. non-death losses found in the COVID-19 pandemic
3. how trauma and loss influence one another and how that impacts the individual
4. high-risk factors for complicated mourning and failure in adaptation routinely encountered in the pandemic
5. how mourning the death of a loved one under current COVID-19 conditions presents short- and long-term challenges
6. effective strategies for coping with COVID-19 trauma and loss

I. Statement of Problem (1 hr 23 min 21)

- Importance of attending to trauma and loss
- Main points of webinar
- Populations targeted in this webinar
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II. Selected Key Concepts of Loss

- Two categories of loss
- Special case of non-death loss: Violation of the assumptive world
- Secondary loss
- Grief
- Mourning
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III. Selected Key Concepts of Trauma (1 hr 39 min 36 sec)

- Definition and impacts of psychological trauma
- Traumatic stress
- Professional job-related stress
- Traumatic bereavement
- Problems with the co-occurrence of trauma and loss: The "Triad of Troubles" in traumatic bereavement
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IV. Selected Examples of Generic Trauma and Loss Presenting in the COVID-19 Pandemic

- General circumstances generating trauma and loss
- Personal circumstances generating trauma and loss

V. Previously-Identified High Risk Factors Operating in the COVID-19 Pandemic

- High-risk factors predisposing to complicated mourning
- High-risk factors making any death traumatic
- Presence of high-risk factors operating in the pandemic
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I. Foci (1 hr 3 min 52 sec)

- Professional work with patients/clients
- Self-care

II. 12 Strategies to Promote Coping with Trauma and Loss from the COVID-19 Pandemic © Rando 2020 (1 hr 59 min 39 sec)

- Educate the mourner and create a proper mindset regarding COVID-19 issues
- Promote healthy thinking, feeling, self-stabilization, and self-care
- Advance therapeutic coping
- Provide anxiety management strategies and work towards mastery of personal traumatization
- Connect the mourner with supportive others
- Facilitate and witness the mourner's telling of the story
- Enable the necessary mourning processes
- Address unfinished business and unanswered questions
- Support use of personal bereavement rituals
- Aid navigation of the outside world
- Assist in reconstruction of meaning
- Help the mourner move forward healthily without having to forget the loved one

Dr. Rando 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. **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*.

6 CE Credit Hours

Approved Home Study Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

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