**Psychology and the pandemic: ideas that can help you in your work**

Our psychotherapy and psychology colleagues are launching a series of virtual sessions for staff based on ideas from psychological theory.

Each webinar will introduce you to bite sized pieces of theory that can be applied to your work with service users during the pandemic. Each webinar will offer ideas and skills that may be helpful for you and your services users to make sense of the reactions they (and you) are having to this extraordinary time.

Each webinar can be approached as a stand-alone interactive lecture or viewed as a series:

1. Understanding threat response - Friday 26 June 10-10.45am
2. Skills to help with more acute threat responses – Friday 10 July 10-10.45am
3. A compassionate approach to threat response – Friday 24 July 10-10.45am
4. Skills for working with self-harm – Friday 7 August 10-10.45am

**Who’s it for?**

Whilst aimed at those in a clinical setting, the sessions will also explore these ideas from a self-care and support angle making them beneficial for any staff member.

**How do I sign up?**

These sessions will be hosted via Zoom – the joining instructions can be found below.

**Webinar one**

**Webinar:** Understanding threat response

**Target audience:** anyone with responsibility for leading a shift or working with service users in a therapeutic capacity

**Duration:** 40 mins

**Date/Time:** Friday 26 June

**Webinar link:** Join Zoom Meeting <https://us02web.zoom.us/j/2840130998?pwd=jascQt2XsQ6sKrWIstxZRJOQ_zbVDw>

Meeting ID: 284 013 0998

Password: 182139

**Content:** This webinar will draw on trauma theory to explain how and why human beings react as they do to an event like this pandemic. The purpose of this webinar is to discuss how normal and understandable our reactions are so that feelings of being afraid, of being overwhelmed or panicked can be validated and explained.

**Webinar two**

**Webinar:** Skills to help with more acute threat responses

**Target audience:** anyone with responsibility for leading a shift

**Duration:** 45 mins

**Date/Time:** Friday 10 July

**Webinar link:** Join Zoom Meeting <https://us02web.zoom.us/j/89732328011?pwd=elVqcHQ5ejJlQzhyTnc1bjl4NXVnQT09>

Meeting ID: 897 3232 8011

Password: 2aFMaq

**Content:** This webinar will introduce you to skills that can be used with people who we might consider traumatised by the pandemic. This webinar is for anyone experiencing or working with those who are experiencing things like more extreme hyper vigilance to threat or flashbacks triggered by the pandemic

**Webinar three**

**Webinar:** A compassionate approach to threat response

**Target audience:** anyone with responsibility for leading a shift

**Duration:** 45 mins

**Date/Time:** Friday 24 July

**Webinar link:** Join Zoom Meeting <https://us02web.zoom.us/j/83921740639?pwd=bkVZR0haQ2dPeHo2RXRiaGFYU05hdz09>

Meeting ID: 839 2174 0639

Password: 0QT2U4

**Content:** This webinar will draw on evolutionary psychology ideas to explain how threat reactions can exacerbate feelings of intolerance towards other people and the self. This can make it harder to work with threat. This webinar will introduce some basic skills to help those of us who are struggling in particular to relax, to forgive and to have positive views about the behaviour around them.

**Webinar four**

**Webinar:** Skills for working with self-harm

**Target audience:** anyone with responsibility for leading a shift

**Duration:** 45 mins

**Date/Time:** Friday 7 August

**Webinar link:** Join Zoom Meeting <https://us02web.zoom.us/j/84409535771?pwd=eVBKU3FtdXh0SWc0VXpQYjd6Z1BKdz09>

Meeting ID: 844 0953 5771

Password: 4vdHYN

**Content:** This webinar will draw on Dialectical Behaviour Therapy (DBT) to introduce you to skills for working with people who are using deliberate self-harm as a way of coping with the emotions that have been triggered by the pandemic (or indeed for anyone who uses self-harm as a coping strategy).

**Zoom help for attendees**

You will receive an email or meeting invitation containing a link to join the meeting.  It will look similar to the following:



Click on the link in the email to join the meeting, you will need:

* A headset and microphone, or ear buds to listen and participate
* A webcam (optional)

If you have not used Zoom before you will be directed to the Zoom website and from here you will need to click ‘Open [URL:Zoom](file:///C%3A%5CUsers%5CRamsdenj2%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CMJSFTKRZ%5CZoom) Launcher’.  After clicking this, a pop up box will open asking you to complete your registration. Please enter your details in this box and use your name so that the host can identify who has joined the meeting.

**Taking Part in a Zoom Meeting**

When you join the meeting a window will open showing all other attendees.  If you hover your mouse pointer over the bottom of the Zoom meeting window you will see the following controls:



If you see any other controls here please refer to the “For Hosts” information further in this document.

As a participant you can use the following controls:

* **Mute:** You can use this to mute or unmute your microphone when you wish to speak.  If you have video enabled, other attendees will be able to see you when you speak.
* **Stop Video:** You can use this to switch your video / webcam on or off.  If you do not have a webcam or if you choose not to display video your screen will display your name
* **Chat:** This will open a chat area on the right side of the zoom window.  Here you can select type in instant messages to all meeting participants or you can directly messages specific participants by selecting them from the drop-down menu and typing in your message.
* **Reactions:** This will show an emoji on the screen
* **End Meeting:** Use this to leave the meeting.