

## Fostering Well-Being During COVID-19

In recent weeks, people throughout the world have been impacted and shaken by the COVID-19 crisis. Seemingly overnight, our entire world has been turned upside down in both direct and indirect ways. Businesses have closed, mandates to self-quarantine have risen, and social distancing has become a way of life. Above all, the uncertainty, fear, and unknown course and duration of the virus have paralyzed much of society.

For many of our clients, struggles like depression and anxiety have worsened, and have even been exacerbated by some of the very strategies we must now follow to ensure health and safety in our communities. As clinicians, we find ourselves in a unique position to provide assistance during this challenging time. By both understanding the psychological reactions our clients may be experiencing in this crisis, and exploring meaningful approaches to foster peace and well-being, participants in this webinar will be well-equipped to aid their clients in this unique and uncharted moment.

This webinar, led by the author of three books focused on the science of well-being, will provide attendees with practical skills and approaches to help their clients navigate the turbulent waters of COVID-19. With a strengths-based approach aimed towards fostering well-being amidst the current crisis, participants will explore how concepts such as gratitude, self-compassion, acceptance, and resilience can be applied to clients struggling in the wake of COVID-19.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify common reactions clients may be experiencing during COVID-19, including effects on mood, sleep, and anxiety.
2. Explore specific brain regions linked to positive emotional states, and identify techniques that can help increase neuronal activity in these areas to create lasting change through neuroplasticity.
3. Utilize research-backed approaches to effectively treat anxiety and worry.
4. Administer specific practices to cultivate self-compassion, gratitude, compassion, and healthy lifestyle habits.
5. Employ research-backed approaches drawing from positive psychology and mindfulness that can be tailored to common reactions during the COVID-19 crisis.

### Seminar Schedule

Begin 12 PM EST and end 3:15 PM, with a 15 minute break at 1:30.

### Outline

Happiness 101

Begin 12 PM ET

COVID-19 and Mental Health

- COVID-19 "101"
- The psychological toll of the COVID-19 crisis
- Vulnerable client populations
- Common anxiety reactions in clients

The Negativity Bias

- Why our brain is wired to fixate on threat and danger
- How this survival mechanism becomes hijacked during extended crises

BREAK 1:30-1:45 PM ET

Positive Neuroplasticity

- How to use the mind to change the brain
- How healthy habits, behaviors, and skills can change the brain

Keys to Resilience Amidst COVID-19

- Cultivating Connection
- Appreciating the Good
- Savoring Life's Joys
- Fostering Kindness Towards Others
- Finding Compassion For Ourselves
- Living in the Present
- Caring For Our Bodies
- Finding Peace Through Our Breath
- Minding Our Thoughts
- Accept and Let In
- What's in My Control?
- Healthy Boundaries
- Making Meaning
- Leveraging Technology

End 3:15 PM ET

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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