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 maintain to keep ourselves and our communities safe. 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.

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, anxiety, and well-being.
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.

The Presenter

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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