


COVID-19 Emotional Trauma Support

For so many reasons, and in so many ways, this pandemic crisis may be overwhelming to our current coping mechanisms.

Our Concerns May Lead to Negative Thoughts Such As:



- "I cannot handle/stand this"
- "I will have no money"
- "I am not in control"
- "I am helpless"
- "I didn't do enough"
- "I am afraid I have /I'll get the virus"
- "I cannot handle being isolated"
- "I did something wrong"
- "I should have known better"
- "It's my fault that I infected others"

Negative thoughts can lead to strong, negative, exaggerated, emotional states that need to be managed to prevent future problems or disorders. Trying to cope with the experiences and distress relating to the COVID-19 pandemic crisis can lead to dangerous levels of stress that impact your mental, physical, and emotional health.

Anger • Anxiety • Depression • Helplessness • Panic • Fear • Isolation • Guilt • Inadequacy • Regret

Stabilization relating to temporary disasters, whether man-made or natural, is generally done by recognizing that the past danger is over. The ongoing nature of the COVID-19 crisis raises concerns about dangers in the present and future; so, it requires a special way of stabilization. Our therapists will guide you through a protocol that was specifically adapted for this pandemic by using a special procedure based on Eye Movement and Desensitization Reprocessing (EMDR).

EMDR is a physiologically-based approach to processing trauma that helps individuals adapt and respond to trauma and distress more effectively.

The EMDR protocol being used is conducted by specially-trained therapists and is known as "Self-Care Procedure for Coronavirus" (SCP-C). SCP-C relates solely to stress or situations associated with the current COVID-19 crisis and is not designed to be used for any other types of psychological trauma.

Following a session, you may use this procedure as a self-care tool to use in the future on.

In the event that this procedure does not provide a sufficient reduction in stress or, if you are experiencing other psychological needs, the therapist will refer you to additional support or strongly recommend that you reach out and contact another mental healthcare practitioner immediately.

**For more information or to
make an appointment:**

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This service is currently being offered by telehealth.

This Service is Free for All Active Participants in UVA-Health Population Health Department Programs:

SCP-C was Developed by Gary Quinn, M.D., The EMDR Institute of Israel©2020 & clinician training was brought to the community through VCRN.org