

## Coping with COVID-19 Webinar Resource List

<i>Source (Organization)</i>	<i>Title</i>	<i>Link</i>	<i>Brief Description</i>
<b>For Clinicians</b>			
Tara Brach	Facing Pandemic Fears with an Awake Heart	<a href="https://www.youtube.com/watch?v=PcZwg10WYx0&amp;feature=emb_title">https://www.youtube.com/watch?v=PcZwg10WYx0&amp;feature=emb_title</a>	Talk offered by Tara Brach, PhD, an internationally known teacher of mindfulness meditation, and author of bestselling books such as Radical Acceptance and True Refuge. Explores how the mindfulness and compassion of the RAIN (Recognize, Allow, Investigate, Nurture) meditation can help us find an inner refuge in the face of fear, and deepen our loving connection with each other.
APA's YouTube Videos COVID-19 Resource List		<a href="https://www.youtube.com/playlist?list=PLxf85IzktYWITKcBMmgbLA4p2fTxCmQmB">https://www.youtube.com/playlist?list=PLxf85IzktYWITKcBMmgbLA4p2fTxCmQmB</a>	Webinars offered by American Psychological Association. Presented by several different mental health and emotional wellness experts. Offers videos on a wide array of topics (i.e., coronavirus anxiety, graduate training during a pandemic, providing psychological services in the face of uncertainty, the challenge of telework).
Psychological Services Center at the University at Buffalo	Make Today Meaningful	<a href="https://ubwp.buffalo.edu/maketodaymeaningful/">https://ubwp.buffalo.edu/maketodaymeaningful/</a>	Five-part self-help webinar series offered by Psychological Services Center at the University of Buffalo. Presented by Sarah Taber-Thomas, PhD; Lauren Rodriguez, MA; and Tierney McMahon, doctoral candidate. Teaches evidence-based skills to help improve your ability to create a sense of meaning and purpose in your everyday life.

Anxiety and Depression Association of America	Keep Calm and Carry On: Clinical Practice During the COVID-19 Pandemic	<a href="https://www.youtube.com/watch?v=hw7uL2C8oZg&amp;feature=youtu.be">https://www.youtube.com/watch?v=hw7uL2C8oZg&amp;feature=youtu.be</a>	Webinar offered by Anxiety and Depression Association of America. Presented by Karen Cassiday, PhD. Provides tips to help clinicians address the problems of running their clinical practice during the COVID-19 pandemic and help them improve how they manage the problems of helping patients maintain and build upon progress in treatment that is disrupted by public self-quarantine and lock down in response to the COVID-19 pandemic.
McLean Hospital	Meaning and Purpose - A COVID-19 Mental Health Survival Guide	<a href="https://www.youtube.com/watch?v=zAHD03DG3_o">https://www.youtube.com/watch?v=zAHD03DG3_o</a>	Webinar offered by McLean Hospital. Presented by Christopher M. Palmer, MD. Discusses strategies for giving your day-to-day life more meaning, structure, and purpose to help combat feeling overwhelmed by the coronavirus pandemic; reviews effective tactics for dealing with learned helplessness, to strengthen relationships, and to better adapt to new physical, financial, and familial environments.
American Psychological Association	Coping in the era of coronavirus A webinar for students	<a href="https://www.youtube.com/watch?v=fGX6SJHn0jg">https://www.youtube.com/watch?v=fGX6SJHn0jg</a>	Webinar offered by American Psychological Association. Presented by Lynn Bufka, PhD, and Vaile Wright, PhD. Designed to help undergraduate and graduate students navigate the shifting COVID-19 crisis. Includes topics such as controllability, coping, problem solving, resilience, and expectations, among others.
American Psychological Association	Wellness Webinar Series	<a href="https://www.apa.org/members/content/wellness-webinar-series">https://www.apa.org/members/content/wellness-webinar-series</a>	Wellness webinar series offered by the American Psychological Association. Presented by Paula Christian-Kliger, PhD, ABPP. A variety of wellness presentations to help you make the most of your time away from the office. Topics include mindfulness and art therapy.

Yale University	The Science of Well-Being	<a href="https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&amp;ranEAID=EHFxW6yx8Uo&amp;ranSiteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&amp;siteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&amp;utm_content=10&amp;utm_medium=partners&amp;utm_source=linkshare&amp;utm_campaign=EHFxW6yx8Uo#syllabus">https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&amp;ranEAID=EHFxW6yx8Uo&amp;ranSiteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&amp;siteID=EHFxW6yx8Uo-yHhLZzjiEOd2E_qAaJOV_w&amp;utm_content=10&amp;utm_medium=partners&amp;utm_source=linkshare&amp;utm_campaign=EHFxW6yx8Uo#syllabus</a>	<p>Free self-paced online Yale course “The Science of Well-Being” offered by Yale University. Presented by Laurie Santos, PhD. In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.</p>
The Milton H. Erickson Foundation	Dealing with Coronavirus Anxiety - 5 Steps	<a href="https://www.youtube.com/watch?v=xJ34DbKyX3U&amp;t=461sjeff">https://www.youtube.com/watch?v=xJ34DbKyX3U&amp;t=461sjeff</a>	<p>Offered by the Milton H. Erickson Foundation. Presented by Jeffrey K. Zeig, PhD, founder and director of the Milton H. Erickson Foundation. Presents suggestions for how to best cope with COVID-19 coronavirus related anxieties even when things may feel uncertain.</p>
Mental Health America's Webinar List		<a href="https://www.youtube.com/c/MentalHealthAmericasWebinars/videos">https://www.youtube.com/c/MentalHealthAmericasWebinars/videos</a>	<p>Webinars offered by the nonprofit organization Mental Health America. Presented by several different mental health and emotional wellness experts. Offers videos on a wide array of topics (i.e., mental health for remote workers, continuing to provide quality mental healthcare remotely during COVID-19, cultivating gratitude to support wellbeing, building capacity to meet mental health needs during COVID-19).</p>

**Additional Resources**

Psychology of Pandemics Network

<https://coronaphobia.org/>