

Coping with COVID-19 Webinar Resource List

<i>Source (Organization)</i>	<i>Title</i>	<i>Link</i>	<i>Brief Description</i>
		For Clients	
Novasoutheastern College of Psychology	COVID-19 Mental Health Tips for Children and Families	https://www.youtube.com/watch?v=iDpUTJBxBWQ	Offered by Novasoutheastern College of Psychology. Presented by Scott Poland, Ed.D. provides mental health tips for children and families coping with the COVID-19 pandemic. Focuses on helping parents balance three roles: parenting, home schooling and working remotely. Discusses how to develop and maintain a schedule for children and the importance of getting their input through conducting family meetings during the COVID-19 pandemic.
Adler University	Ejercicio de Respiración	https://www.youtube.com/watch?v=zdKseHgbXVQ&feature=youtu.be	Offered by Adler University. Presented by Eduardo Castillo, a current Masters of Clinical Mental Health Counseling student at Adler University. Provides a brief breathing/mindfulness exercise video in Spanish geared toward Spanish-speaking populations.
Johns Hopkins School of Medicine	Coping and Thriving Webinar Series	https://www.hopkinsmedicine.org/human_resources/benefits/jh_worklife_programs/mySupport-coping-with-COVID-webinar-series	Webinar series offered by Johns Hopkins School of Medicine. Presented by several different mental health and emotional wellness experts. Offers webinars on a wide array of topics (i.e., coping with loss during COVID-19, choosing your new normal, how to help you when you are feeling helpless).

Dr. Susan David - Harvard
Medical School

Checking In Podcast

<https://podcasts.apple.com/us/podcast/id1504596643>

Podcast hosted by Susan David, PhD, of Harvard Medical School. Offers coping strategies and an understanding voice during a time of great uncertainty. Invites several known experts in the field of psychology to offer their wisdom and knowledge as well (i.e., Dr. Stephen Hayes, Dr. Kristin Neff, Dr. Julie Gottman).

MyOCDcare

In the Midst of Rapid Fire Change &
Practicing Social-Distancing: Resilience,
Coping, and Parenting Strategies for
Everyone

<https://www.youtube.com/watch?v=rwnmPCPEhhc>

Webinar offered by My OCD Care, a private practice of Elliot Kaminetzky, PhD, that specializes in treatment of OCD and other anxiety based disorders in adults and children. Presented by an expert panel of psychologists: Jonathan Kaplan, PhD; Anne Marie Albano, PhD, ABPP; Dean McKay, PhD, ABPP; and Rebecca Sachs, PhD, ABPP. Discusses coping with uncertainty and anxiety; continuing to live a purposeful and meaningful life; practicing proactive resilience to counter potential feelings of sadness, depression, and helplessness; balancing “being on vacation” and maintaining structure/ and consistency in parenting, and maintaining social contact and strengthening relationships with the people you’re living with (even in small spaces)!

Dr. Eva Adriana Wilson

Taking Care of your Mental Health
During The COVID-19 Pandemic

<https://www.youtube.com/watch?v=IsJus1R15Ds&app=desktop>

Short video with animations offered by Eva Adriana Wilson, MD. Reviews seven things that you can do to help yourself and your loved ones remain mentally well throughout the COVID-19 pandemic.

Psychology of Pandemics
Network

Additional Resources
<https://coronaphobia.org/>