

Trauma-informed Responses to Covid-19

*A New ESTSS Webinar Series on Meeting the
Psychosocial Challenges of the Pandemic*

**EVERY WEDNESDAY FROM
18 NOVEMBER TO 16 DECEMBER**



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ESTSS-Webinar series

Program

Webinar I: ESTSS Recommendations on Mental Health and Psychosocial Care during Pandemics

18th of November, 5 p.m – 6:30 p.m CET

Since the beginning of the COVID-19 crisis, a series of studies have been initiated to provide evidence for the negative impact of the pandemic and associated measures to contain the spread, on mental health and psychosocial wellbeing of the general population and particular at-risk groups all over the world. The emerging evidence highlights the need for appropriate responses. ESTSS developed a package of recommendations, based on the TENTS guidelines, on mental health and psychosocial support during pandemics. While the TENTS guidelines provide evidence-based guidance at the different stages of a crisis – including pre-, during- and post-crisis periods, the newly developed package of the ESTSS recommendations takes into consideration an unusual dynamic, prolonged, cyclic, without foreseen closure, of the current pandemic. The webinar provides an opportunity to reflect on the challenges for mental health that COVID-19 poses and how we, as a European community of psychotraumatologists can contribute to reduce the negative effects on mental health and psychosocial outcomes.

Aims of the webinar: To discuss stress-related consequences of the ongoing pandemic in the light of the newest evidence, outline the ESTSS strategy to address issues of mental health and psychosocial wellbeing related to COVID-19 and inform relevant stakeholders about the need for trauma-informed and trauma-specific responses in the management of the pandemic.

Topics: The webinar will present the content of the “ESTSS Recommendations on Mental Health and Psychosocial Responses to Pandemics” and will pay special attention to trauma-informed and trauma-specific policies, strategies and interventions. Specifically, the following topics will be covered:

- The new evidence on the impact of the pandemic on mental health of the general population and front-line health-care professionals
- Lessons learned so far from the mental health and psychosocial responses to the COVID-19 pandemic
- Trauma-informed and trauma-specific policies to manage the pandemic: how to pay sufficient attention to the most vulnerable groups
- Trauma-informed and trauma-specific strategies to manage the pandemic: how can we assure sufficient care and professional guidance for health care professionals
- The phased-approach in providing trauma-informed and trauma-specific interventions during the pandemic.

Learning outcomes: Participants will acquire knowledge about trauma-informed and trauma-specific policies, strategies and interventions to address mental health and psychosocial consequences of the covid-19 pandemic.

Target audience: public health specialists, psychologists, psychotherapists, social workers, managers, policy makers.

Speakers:



Professor Jana Javakhishvili, PhD, is a Professor of Psychology and Director of the Institute of Addiction Studies at the Ilia State University, Tbilisi, Georgia. She specializes in working with individuals, families, groups and communities, which are traumatized as a result of military conflicts and displacement, natural disasters and terrorist attacks. Her research interests concern mental health problems of war- and political oppression-affected populations. In 2019 she was elected the President of the European Society for Traumatic Stress Studies.



Dr. Vittoria Ardino is a Psychotraumatologist and holds a Master in Healthcare Management, Economics and Policy. She is the President of the Italian Society of Traumatic Stress Studies. She has an established track record in psychotraumatology. Specifically, her research investigated interlink between early trauma and later adverse outcomes, in both victims and perpetrators. Recently her research interests shifted to policy research. She is interested in integrating her expertise on trauma with mental health policy and health economics to challenge service delivery for traumatized children. She evaluated trauma-informed care in youth mental health services across Italy and developed trauma-related economic models of child maltreatment and child migration. Her publications focus on the causes of PTSD development, trauma-informed services and on the impact of PTSD on re-offending risk. She edited two books on childhood trauma and PTSD. Vittoria presented at many conferences on child maltreatment and trauma as an invited speaker.



Maria Bragesjö is a PhD-student at the Division of psychology at Karolinska Institutet, Stockholm, Sweden. Her research interest involves developing early interventions after trauma that targets specific core processes in the psychopathology that can arise after a traumatic event. Her PhD-project focuses on the use of prolonged exposure as an early intervention after trauma, online and face-to-face, in different settings. As a clinical psychologist and licensed psychotherapist, she has extensive clinical experience working with trauma patients. She is also a certified trainer in prolonged exposure.



Professor Evaldas Kazlauskas, PhD, is a professor at Vilnius University, he is the head of Center for Psychotraumatology at Vilnius university, and the President of the Lithuanian Society for Traumatic Stress Studies.



Professor Ingo Schäfer is a Psychiatrist and Psychotherapist at the University of Hamburg, Germany. He is head of the trauma and stress research group, head of the outpatient department for posttraumatic disorders and the coordinating center for traumatised refugees (Centra), and director of the Center for Interdisciplinary Addiction Research (ZIS) at the University of Hamburg. Since 2019

he is building up the coordinating center for traumatised refugees (Centra) that is funded by the local government for the metropolitan region of Hamburg. He has authored more than 200 articles and book chapters, is Past President of the German-speaking Society for Psychotraumatology (DeGPT), and Past President of the European Society for Traumatic Stress Studies (ESTSS).

Webinar II: COVID-19 & Moral Injury

25th of November, 3 p.m – 4:30 p.m CET

A moral injury has been defined as an event where someone has seen, witnessed or done some thing that breaches their moral or ethical code. Whilst a moral injury is not a mental illness, people who have them often experience strong feelings of shame, guilt or anger and we know that for many, moral injuries can occur alongside symptoms of PTSD and depression. Aims: To disseminate the current understanding around conceptualisations of moral injury.

Topics: In this webinar, participants will gain a better understanding of

- Current research on moral injury in the UK
- Types of events leading to moral injury
- How moral injury is thought to develop
- Potential risks and protective factors for experiencing moral injury

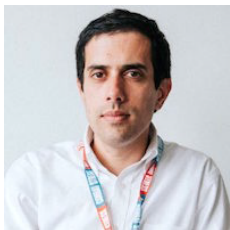
Learning outcomes: Participants will acquire knowledge about the history of moral injury, the relationship between moral injury and other mental health disorders and ideas about the key constructs to measure moral injury.

Target audience: public health specialists, psychologists, psychotherapists, social workers, managers, policy makers.

Speakers:



Dr. Victoria Williamson is a researcher at King's College London and the University of Oxford. At King's College London, Victoria's research focuses on psychological adjustment after traumatic events, including combat trauma, human trafficking and moral injury. At the University of Oxford, her research aims to identify effective approaches to screen for child anxiety difficulties in schools and deliver an accessible parent-led intervention to support child adjustment.



Dr Dominic Murphy works at Combat Stress (a national veterans mental health charity in the UK) where he established and now leads a research department specialising in veteran's mental health. The Combat Stress research department is co-located within King's College London where Dominic continues to be a member. Dominic is part of the Forces in Mind Trust mental health steering group, editor for a number of journals and member of several international military mental health research consortiums. In 2019, he was elected the President of the UK Psychological Trauma Society (UKPTS) and onto the executive board of the European Society for Traumatic Stress Studies (ESTSS). Dominic has specialised clinically and academically within the field of PTSD and military mental health and is widely published with over 100 articles to date.



ESTSS – Webinar series.

Webinar III: Is the COVID-19 pandemic a 'black swan' for internet interventions?

Webinar IV: Lessons Learned Delivering Digital Mental Health: An Australian Example

Webinar III and Webinar IV: Transitioning to e-health. Possibilities, barriers and experiences

The changing conditions to provide psychological treatment surrounding the covid-19 pandemic has made clinicians rapidly transition to different e-health solutions. The use of e-health intervention may remain an important tool for a long time to come for patients to access mental health while keeping oneself, the clinician and one's community safe and maintain physical distancing. For many clinicians the swift change has been hard and has brought along challenges. In addition, clinicians may be governed by certain myths surrounding the provision of e-health. In these webinar series, ESTSS want to support its members to use e-health in daily practice.

Aims of the webinar: To inspire, motivate and support ESTSS-members to effectively use e-health in their daily practice. To provide an overview of the evidence-base for different e-health options (internet-based interventions, tele-health solutions and the use of apps) and give practical examples of how and for who these interventions may work.

Topics: The webinars will revolve around the use of e-health from different angles.

- The evidence-base for e-health interventions
- The role of e-health interventions during and after the covid-19 pandemic
- Myths regarding e-health and how to challenge those
- Lessons learned from Australia in the development and evaluation of a nation-wide digital mental health services
 - Logistics for delivering trauma-informed, evidence-based mental health services via e-health
 - Concrete examples of trauma-focused interventions provided in a e-health format

Learning outcomes: Participants will acquire knowledge about different types of e-health interventions, its evidence-base and how to overcome barriers in its use.

Target audience: public health specialists, psychologists, psychotherapists, social workers, managers, policy makers.

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Webinar III: Is the COVID-19 pandemic a 'black swan' for internet interventions?

Webinar IV: Lessons Learned Delivering Digital Mental Health: An Australian Example

Webinar III: Is the COVID-19 pandemic a 'black swan' for internet interventions?

2nd of December 5 p.m – 6:30 p.m CET

Speakers:



Professor Gerhard Andersson, Ph.D. is full professor of Clinical Psychology at Linköping University (appointed 2003), Sweden, in the Department of Behavioural Sciences and Learning. He also has a position as affiliated researcher at Karolinska Institutet in the Department of Clinical Neuroscience, Psychiatry, where he is linked to the Centre for Psychiatry Research (Competence Centre for Psychotherapy Research). Professor Andersson has published over 690 research papers, 50 chapters and 20 books. His present h-index is 90 (Scopus; Web of science 82). In 2016, 2017, 2018 and 2019 Andersson was on the list of highly cited researchers.

Webinar IV: Lessons Learned Delivering Digital Mental Health: An Australian Example

9th of December 9 a.m – 10:15 a.m CET



Professor Nick Titov is committed to developing and delivering high quality psychological treatments. Nick is Co-Director of the eCentreClinic, a research unit that develops and evaluates digital mental health services. Nick has co-developed more than 15 online psychological interventions. These have been evaluated in more than 80



clinical trials of internet-delivered treatments involving more than 9,000 people across four countries. He has published more than 175 peer reviewed articles and has received more than \$65M in project and research funding.

Nick is also Executive Director of MindSpot, at MQ Health, Macquarie University Australia. MindSpot operates two digital mental health clinics, the MindSpot Clinic and PORTS which serve 25,000 Australians per year. Nick also provides advice and support for organizations developing and delivering digital mental health services in Australia as well as in other countries.

Webinar V: Trauma-Informed-Care and Trauma-Informed-Organizations

16th of December, 2020, 5 p.m – 8 p.m. CET

ESTSS Task Force on Trauma-Informed-Organisations will present a 2-part webinar on how to implement and develop trauma-informed-care principles in organisations, communities and policy strategies. The webinar will also highlight how the Trauma-Informed-Care paradigm can play a critical role in informing health and social systems at times of crisis like the COVID-19 outbreak. The webinar is organised into an-hour introductory part to examine foundations of the trauma informed paradigm and to provide an understanding and language to begin to consider how the emerging science behind trauma can inform provision of care to maximize short- and long-term health outcomes. The second (advanced) part of the webinar will address the characteristics of trauma-informed organisations, the promotion of a cultural shift and related barriers within different sectors.

Aims of the webinars: To raise awareness and knowledge about systemic and organizational approaches to psychological trauma so that professionals involved in the care of traumatized populations not only could be able to recognize and respond to traumatic stress but they would also be more knowledgeable about the impact of trauma on organizational functioning and about trauma-informed policy strategies. Organizations may need to change their culture, fundamental values, and operations to foster a safe, trusting environment to facilitate trauma healing and prevention. The webinars address the development, implementation, and continuous review of organizational policies that infuse trauma-informed practices throughout all levels of the organization.

Topics: All the domains of trauma-informed care principles and the characteristics of trauma-informed organizations will be covered to foster the understanding of how to nurture a trauma-informed and responsive workforce, evidence-based and emerging best practices, creating safe environments, community outreach and partnership building, and ongoing performance improvement and evaluation. More specifically the covered topics are:

- Trauma as a public mental health issue;
- Principles of trauma informed care;
- Core competencies – Putting Principles into actions:
 - Choice, Trust and Connection
 - Building a trauma informed culture
- Systemic View of Healing Trauma, organizational assessment and the facilitation of organizational change Building Trauma Informed Principles into Policy and Processes
 - Attending to Staff Safety and Secondary Trauma: Understanding Vicarious Trauma and Secondary Traumatic Stress
 - Research into Trauma informed care and trauma informed organizations

Learning outcomes: Participants will understand the various ways trauma manifest in our own lives, the lives of our colleagues, and those of our patients. Furthermore, they will acquire knowledge about how to practically implement trauma-informed-principles and to favor the development of a trauma-informed-view within the organizations.

Target audience: leaders in health and social care, trauma, and trauma-informed care (TIC), psychologists, psychotherapists, social workers.

Speakers:

Dr. Vittoria Ardino is a Psychotraumatologist and holds a Master in Healthcare Management, Economics and Policy. She is the President of the Italian Society of Traumatic Stress Studies. She has an established track record in psychotraumatology. Specifically, her research investigated interlink between early trauma and later adverse outcomes, in both victims and perpetrators. Recently her research interests shifted to policy research. She is interested in integrating her expertise on trauma with mental health policy and health economics to challenge service delivery for traumatized children. She evaluated trauma-informed care in youth mental health services across Italy and developed trauma-related economic models of child maltreatment and child migration. Her publications focus on the causes of PTSD development, trauma-informed services and on the impact of PTSD on re-offending risk. She edited two books on childhood trauma and PTSD. Vittoria presented at many conferences on child maltreatment and trauma as an invited speaker.



Dr. Noreen Tehrani is qualified as a psychologist in 1983 and has achieved chartered status in Occupational, Counselling, Health and Coaching Psychology. The diversity of her training and experience has helped her to deal with a wide range of psychological problems which reduced employee well-being and organisational effectiveness. Working with the organisations affected by Omagh Bomb, Paddington and Potters Bar rail crashes, World Trade Centre and the 7th July terrorist attacks in London has been influential in the development of her crisis, disaster and business continuity trauma management programmes. Over the past fifteen years she has developed and used a series of assessment and rehabilitation interventions which have reduced sickness absence and achieved significant financial benefits for the organisations.