



The Relationship between Loneliness, Isolation, and Social Distancing

Webinar

DETAILS & LOGISTICS

Date: March 16, 2021

Time: 2:00pm—3:00pm EST

Where: Virtual (Adobe Connect webinar)

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SPEAKER:



Scott Lewis, Ph.D. has over twenty years of experience in mental health and substance use treatment. He has worked as a crisis clinician and outpatient co-occurring disorder therapist. His managerial experience has included

supervising an outpatient dual diagnosis clinic, administrator for a long-term residential substance abuse rehabilitation center and is currently the Program Director for the University of Pittsburgh Medical Center Western Psychiatric Hospital's inpatient, dual diagnosis and trauma units. He received his bachelor's degree in Psychology from Penn State University, his masters degree in professional counseling from Carlow University, and his doctorate in counseling education and supervision from Duquesne University.

COURSE DESCRIPTION:

Both loneliness and social isolation pose myriad health risks. They have been linked to diverse health outcomes like depression, reduced cognitive functioning, and reduced immune functioning. The COVID-19 pandemic has led to implementation of unprecedented “social distancing” strategies crucial to limiting the spread of the virus. In addition to quarantine and isolation procedures for those exposed to or infected with COVID-19, social distancing is a required measure amongst the general population to reduce the transmission of COVID-19. This webinar will discuss these constructs, how COVID-19 has affected our ability to manage them and review coping strategies to help combat the negative implications of these constructs.

OBJECTIVES

- Define the constructs of loneliness, isolation, and social distancing, their intra-relatedness, and the mechanisms by which they lead to poor physical and mental health.
- Review how the COVID-19 pandemic has led to increased attention on social isolation and loneliness affecting individuals of all ages.
- Review intervention strategies to help combat loneliness and social isolation.

WHO SHOULD ATTEND?

All medical professionals, behavioral health professionals, school personnel, community members, researchers

Registration questions, training@danyainstitute.org 240-645-1145

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