



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



COVID-19: Mental Health Challenges and Resilience

Friday, April 3, 2020
10:00 - 11:30 AM ET

Presented by
Dr. Nadine Kaslow

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Description

This webinar will review common psychological reactions to the COVID-19 pandemic and the impact of this pandemic on family, friends, and collegial relationships. The importance of resilience in the face of this adversity will be underscored. Several effective coping strategies will be reviewed: taking care of self, fostering and re-inventing wellness, managing stress/anxiety, staying connected, promoting teamwork, and navigating existential concerns. By the end of this webinar, participants will be able to:

- List major psychological interpersonal impacts of COVID-19
- Recognize the value of resilience in the face of the pandemic
- Describe strategies for coping adaptively in response to the pandemic

About the Presenter

Nadine J. Kaslow, Ph.D., ABPP is a Professor and Vice Chair for Faculty Development, Diversity, Equity, and Inclusion, Emory Department of Psychiatry and Behavioral Sciences and Chief Psychologist, Grady Health System. Past president of the American Psychological Association (APA), Dr. Kaslow is past president of four APA divisions, American Board of Professional Psychology, and Association of Psychology Postdoctoral and Internship Centers (APPIC). She received APA's Distinguished Contributions for Education and Training Award, APA Presidential Citation, APPIC's Award for Excellence in Postdoctoral Training, Heiser Award, Beckman Award, Grady Health Foundation's Inspiring Mentor Award, Emory's Thomas Jefferson Award, and Georgia Women's Legislative Caucus Nikki J. Randall Servant Leadership Award. The recipient of multiple grants, she has published over 300 articles and four books. A member of Rosalynn Carter's Mental Health Board, she directs Emory Department of Psychiatry and Behavioral Sciences' Caring Communities for COVID-19 Caregivers.

