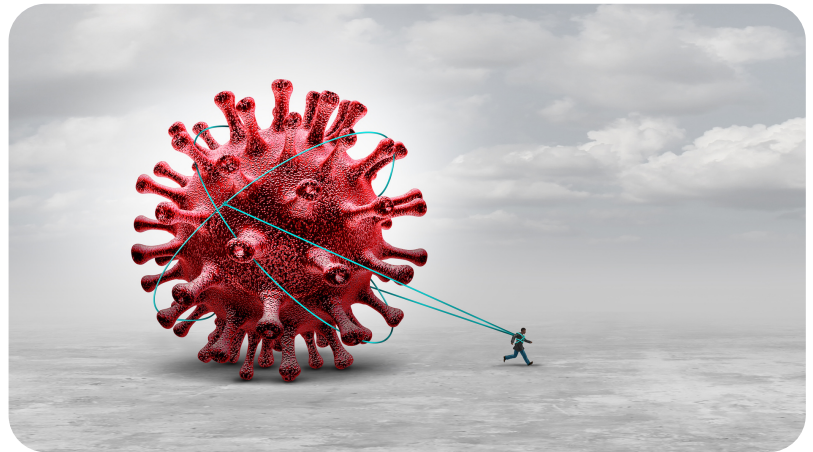




# Using Psychiatric Rehabilitation Strategies for Long COVID Recovery

Long COVID is used to describe the lingering symptoms that many are left managing long after recovering from the illness itself. Some of the symptoms include those related to depression, anxiety, fatigue, PTSD, and brain fog (Centers for Disease Control and Prevention, 2022).

The experience of these symptoms may affect attainment of important recovery goals, such as working, attending school, living independently, socializing, and overall emotional wellbeing.



Behavioral health practitioners are in key positions to support individuals to better manage the functional implications and impact of long COVID symptoms, particularly those related to emotional wellbeing and attainment of community goals. The techniques and supports used in psychiatric rehabilitation are designed to assist people in finding hope and purpose after loss and illness. This workshop will explore established psychiatric rehabilitation tools and strategies to support individuals in establishing recovery goals, learning skills, and developing supports to live a meaningful and purposeful life.

At the end of this two-part webinar, attendees will be able to:

1. Define long COVID and its related symptoms and functional implications
2. Review current research on the impact of long COVID on mental health
3. Describe the benefits of using a recovery framework when addressing long COVID
4. Explore psychiatric rehabilitation strategies that are assistive in the attainment of recovery goals despite symptoms of long COVID

## Registration:

### Session 1:

November 30, 2022  
1:00-2:00 pm ET

Register: [bit.ly/3hGcWwy](https://bit.ly/3hGcWwy)

### Session 2:

December 7, 2022  
1:00-2:00 pm ET

Register: [bit.ly/3E7Nd7P](https://bit.ly/3E7Nd7P)