

Archways

Centre for CBT

COGNITIVE and BEHAVIOURAL THERAPIES



Archways Centre for CBT is a private clinic of psychologists and psychological associates dedicated to helping individuals improve their lives.

We offer evidence-based therapy for adults, children and adolescents.



Psychological Care of Health Care Providers During COVID-19

By Joanna McBride, M.A., C.Psych.

We are a group of psychologists and psychological associates with expertise in treating mood and anxiety disorders. Never have we had to normalize such high levels of anxiety. But the reality is that we are all having varying degrees of a normal reaction (anxiety) to an abnormal event (COVID-19 pandemic). Health care providers are

working around COVID-19 day in and day out, and face even greater challenges than the general public. This could have a negative and lasting impact on their mental health. Here are some common challenges faced by health care providers, and some tips for coping better and improving resilience.

Challenges	Examples	Tips
Information overload	I need to stay informed and learned new policies, rules, expectations.	Reduce information overload by limiting social media and news. Use a watch/clock instead of phone. Decide how many times a day to listen to the news. Do not listen to it on the way home.
COVID-only conversations	My family comes to me for credible information.	Plan one virtual chat per week. Connect with those who understand. Set boundaries for others, and remind friends/family to have some non-COVID conversations.
Fear and anxiety	What if there's not enough PPE? What if I get my family sick? What if I have to self-quarantine?	Anxiety is normal. Try to be more in the moment vs. in the future. Deal with problems only once they are problems. You feel a lot of pressure. Have self-compassion because you are doing your best.
Difficulties accessing support system	I'm just too tired at the end of the day.	Practice expressing your needs and be honest about how you feel. It's OK to express anxiety/-fears. You don't have to protect those around you when you are the one seeking support.
Rules and responsibilities are different than public	I must go to work, yet others are told to stay home.	Sense of responsibility is heightened. Do the best you can in this situation.
Transitions/life plans interrupted	I like to make plans and now it's impossible to.	Normalize this is the case for many people. Remind yourself to live in the "now" and take it one week at a time.
Difficulty staying present	It's not easy being efficient and engaged when I'm feeling anxious and scared.	At work: take a moment to stretch, breath, drink water. On the way home: listen to a song, focus on what you see out the window, and the feel of the steering wheel.
Increased conflict	They're not listening: the hospital, my leader, my spouse, the general public.	Recognize stress can lead to "Me vs. Them" mindset. Choose your battles and disengage when possible. Choose assertiveness over aggression. Spend some time refocussing on gratitude.
Problems sleeping	I only have so much time to sleep, but then my mind won't stop.	Recognize that some sleep disruption is normal during times of stress. Limit screen time during rest and sleep preparation.
Emotional distress	I can't stop crying. I feel isolated and alone. I'm exhausted from not sleeping. I can't handle this feeling of panic. I'd be fine if I didn't wake up tomorrow.	Seek some professional help. Call a local crisis line. If suicidal, go to your nearest hospital.



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For the generation shaped by coronavirus, life may never fully return to 'normal'

By Dr. Stephen Taylor | The Guardian (an excerpt) ¹

In an ongoing research project with fellow psychologist Gordon Asmundson, we evaluated reported levels of fear and anxiety among almost 7,000 adults from Canada and the US. While 75% of respondents seem to be coping well, 25% have developed what we've called **Covid stress syndrome**.

These people have intense fears about becoming infected; they worry about the social and economic impact of Covid-19; they have coronavirus nightmares and persistently check the internet for news related to Covid-19, which may further heighten their anxieties.

What is virtual therapy?

Tele-therapy, tele-health, tele-behavioural health, tele-psychology, online therapy, distance therapy, iCBT (Internet CBT) and virtual therapy. These are all the words we are hearing more in the past few weeks, all related to providing a therapeutic service using some form of technology. Due to the current COVID-19 pandemic, we have been advised by the College of Psychologists of Ontario, to only provide remote care.

When we first switched to online therapy appointments many of our clients put their therapy on hold because video sessions seemed weird and unfamiliar. Those who have now tried it have been pleasantly surprised. CBT transitions quite well to video-based sessions. It might have a different feel to in-person sessions, but we are finding them just as effective.



Did You Know?

"Ontario Medical Association Insurance (OMAI) has increased the coverage limit for Psychologist provision to \$10,000 per year for physicians and their families."

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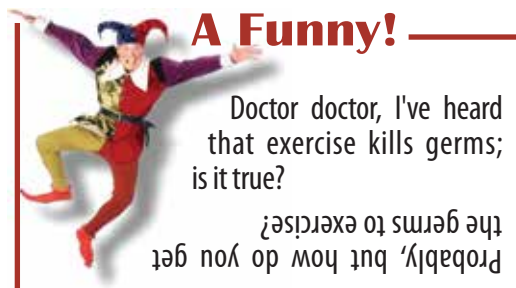
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ARCHWAYS NEWS

All our sessions are currently offered by phone and secure video. We do not have a waitlist currently but anticipate we will as the need for help increases. We will be offering **Priority Booking** for front line health care providers.

Online CBT-based Resources:

- Centre for Clinical Interventions
- This Way Up
- Here To Help
- Kelty's Key
- Headspace
- Calm
- Moodgym



¹ <https://www.theguardian.com/commentisfree/2020/apr/07/life-never-return-normal-coronavirus-shape-generation>

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