

Covid-19 Resilience Support and Training

Webinar title	Presenter	Date/Time of webinar
An overview to trauma informed approaches to wellbeing	Dr Angela Kennedy	Wednesday 10th February 2021 1.30-2.20pm
Vicarious/secondary trauma and burnout	Jill Underwood, Sarah Robinson and Emma Robinson	Friday 19th March 2021 9.30-11am 1 hour presentation and then allowing 30 minutes Q&A time.
Introduction to Heart Rate Variability in helping to manage your wellbeing	Dr Paras Patel and Fiona MacCallum	Friday 12th March 2021 1-2pm (includes 15 minutes Q&A session)
Surfing the wave: Care home staff experiences of Covid-19	Dr Joanna Marshall, Dr Clare Winter and Dr Marina Palomo	Friday 22nd January 2021 11am-12 noon
Trauma informed care (A CAMHS perspective) – Working with young people during Covid-19	Dr Joyce Powell and Dr Ollie O'Mara	Friday 26th February 2021 10-11am
Compassionate Mind Training (series)	Dr Esther Pepperdine and Lee Partis	Thursdays - as follows:- 21st January 2021 4-5pm 28th January 2021 4-5pm 4th February 2021 4-5pm 11th February 2021 4-5pm 18th February 2021 4-5pm
Social isolation and its impact	Kate Chartres	Monday 18th January 2021 11am-12 noon
Emotional impact of the pandemic on families and Reaching out to families during the pandemic	Dr Kirsty Charlton, Alix Bowler and Dr Alex Reed	Wednesday 20th January 2021 2-3pm
Managing anxiety and the impact of threat	To be confirmed	
Managing low mood	To be confirmed	
Making meaning out of the pandemic (series)	Paul Walker	Tuesday 23rd - Friday 26th February 2021 2-2.15pm
Explore some resources for managing minor difficulties with breathlessness	To be confirmed	
Covid-19 – A psychological understanding of staff experiences and resilience building.	Dr Alison Oldham and Christine McClean	Monday 22nd February 2021 10-11am (includes 10-15 mins for Q&A)

Links to each join webinar are on the Recovery College Online website:

www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/for-staff/staff-webinars/

For further information please contact Claire.chapman8@nhs.net

