

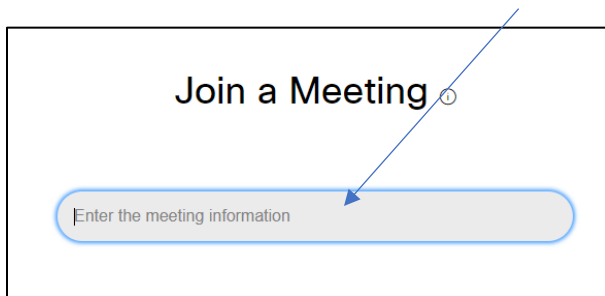
# Psychosocial Support Programs During COVID-19

Summer 2020

*This document will be continuously updated*

## How to Join

1. [Click this link](#) when you're ready to join the meeting.
2. Enter the Meeting number (access code) for the specific session (listed below for each session).



3. When prompted, enter the Meeting password for the specific session.

### **Beginnings & Endings (Grieving the New Normal)**

In the past few months, the coronavirus pandemic has led to unprecedented changes in our lives and the world as we know it, generating fear, uncertainty, and anxiety. Coping with this disruption - adjusting to staying home, working remotely, and distancing ourselves from others, among other changes has been difficult for many. As we have built our resilience and faced each dynamic change, there have been losses along the way; loss of our normal, loss of events, milestones, celebrations and loss of loved ones. While never easy, grieving in the new normal has its own limitations. Bringing awareness to these limitations, naming our experiences and sharing to help cope with our collective and individual loss can anchor us and reinforce courage to be there for ourselves and loved ones. There are then the silver linings amongst the grey clouds also and gratitude and thankfulness ground us to our present and help us re-energize for the future. Webinar with Q&A

**Hosted by:** Megha Gore & Catherine Mwaniki (07/21) | Megha Gore & Frozan Esmati (07/29)

**TUE: 07/21/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

[Materials](#)

**WED: 07/29/2020:** 9:00 pm Wash DC | **THU: 07/30/2020:** 4:00 am Nairobi, 6:30 am Delhi, 8:00 am Bangkok, 11:00 am Sydney

### **The 5 Love Languages**

Different people have different methods for expressing and receiving affection and attention. This sounds like a simple statement, but the issue continues to be a source of conflict between people, in romantic relations, between parents and children, and at workplace. Gary Chapman's work offers an efficient method for understanding this concept and creating positive change. Webinar with Q&A

**Hosted by:** Makon Fardis

**WED: 08/12/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

**Habits: Friend or Foe?**

Habits can be our best friends because they automate many of our actions. As such, we don't have to dedicate conscious attention to everything we do throughout a day. On the other hand, some of human misery and suffering is really the outcome of habits. Many people do not define their problems in terms of "habits" and therefore, take no steps to change them. In reality, much of our discontent is due to habits, which are possible to change. Webinar with Q&A

**Hosted by:** Makon Fardis

**WED: 08/19/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

**DAPP – Lunch & Learn: Helping Children Cope with Social Distance: A Call to Parents**

Communicating with our children about disruptions, changes, fears, and uncertainty at any age can be difficult but more importantly we need to realize our children and youth are grieving losses related to COVID. As parents, it is important to make them feel safe and to protect their mental wellness. As role models, we want to lead by example using best practice for mental wellness and resiliency. In this session, we will discuss strategies to help you learn key skills to help you and your children.

**Hosted by:** Malahat Baig-Amin & Elizabeth Legrain

**Guest Speaker:** Pilar Alfaro-Palacios, Counselor

**WED: 07/22/2020:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

[Video Available](#)

Pilar was born and raised in Peru until her family moved to Washington DC area on a G-4 status when she was a teenager. She holds a bachelor's degree in psychology from George Washington University, a Master's in Psychology and an equivalency to a Master's in School Counseling from Loyola University, MD. Is a licensed clinical professional counselor (LCPC) with a private practice in Chevy Chase, MD where she works with individuals, couples, and families. For many years, she has worked in Montgomery County Public Schools in the capacity of school counselor serving international students and parents from around the world. In her current position as state certified Pupil Personnel Worker, she serves as an advocate and consultant to school staffs and parents on a variety of issues. She is intimately aware of the challenges children and parents face and works to foster understanding and collaboration efforts among home, school, and community resources. Married for 32 years and mother of three.

### **How to Overcome Feelings of Loneliness**

Loneliness has negative impacts on how we feel about ourselves and people around us. It can have harmful effects on our physical and mental health. Yet loneliness is a complicated subject – it can be viewed negatively because of its strong association with mental health problems or sometimes it can be viewed more positively in terms of solitude and a chance to escape from the pressures of life. In this session, we will explore statements about loneliness to gain a better understanding of what we mean by loneliness, causes of loneliness, and how to overcome feelings of loneliness. The session ends with loving-kindness meditation facilitated by Megha Gore. Information Support Session

**Hosted by:** Catherine Mwaniki & Megha Gore

**THU: 07/23/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

[Materials](#)

### **Managing Loneliness**

With the advent of the coronavirus epidemic – lockdowns, self-quarantine, travel restrictions and social distancing, our sense of loneliness and isolation has been amplified. Loneliness is a feeling that most people will experience at some point in their lives. But when people feel lonely most or all of the time, it can have a serious impact on their physical and mental wellbeing. In session we will cover the following: definition of loneliness, different types of loneliness – social, emotional and existential, factors that increase or decrease our risk for loneliness and coping with loneliness. Webinar with Q&A

**Hosted by:** Catherine Mwaniki & Megha Gore

**WED: 07/15/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

[Materials](#)

### **Managing Relationships**

This Webinar will explore the following aspects of relationships: Communication and relationships; Managing difficult emotions when you are in a relationship; Effective strategies to manage conflict; and Strategies that can help virtual relationships. Webinar with Q&A

**Hosted by:** Frozan Esmati & Megha Gore

**SUN: 08/02/2020:** 11:00 pm Wash DC | **MON: 08/03/2020:** 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney

**MON: 08/10/2020:** 6:00 am Wash DC, 1:00 pm Nairobi, 3:30 pm Delhi, 5:00 pm Bangkok, 8:00 pm Sydney

### **Mindfulness Part 1: Introduction to Mindfulness**

This presentation will cover definition and benefits of mindfulness. In addition, it will also provide an overview of practical applications and key principles of mindfulness. The session will end with a mindfulness practice. Webinar with Q&A; Experiential practice.

**Hosted by:** Frozan Esmati & Megha Gore

**MON: 07/13/2020:** 11:00 pm Wash DC | **TUE: 07/14/2020:** 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney

[Materials](#)

### **Mindfulness Part 2: Mindfulness of Breath**

You breathe short and shallow when you are tense or angry, erratically when you are upset, fast when you are excited, slow and deep when you are happy and contented. Your emotions change the way you breathe, and the way you breathe can also change your emotions. In this webinar we will discuss mindfulness practice that focuses on the breath. Specifically, we will cover the followings: Postures for meditation, Mindfulness of breathing meditation, and Four key skills. The session will end with a mindfulness breathing exercise. Webinar with Q&A; Experiential practice.

**Hosted by:** Frozan Esmati & Megha Gore

**MON: 07/20/2020:** 11:00 pm Wash DC | **TUE: 07/21/2020:** 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney

### **Mindfulness Part 3: Mindfulness of the Body Moving**

In mindfulness we pay a lot of attention to the body and that's because the body plays such an enormous part in your life. A slight change to the body can have a significant impact on how you feel and how you think. In this session we will discuss the followings: Mindfulness stretching, Approach and avoidance, and Empathy and body awareness. The session will end with a mindfulness exercise on "Mindfulness Movement." Webinar with Q&A; Experiential practice.

**Hosted by:** Frozan Esmati & Megha Gore

**MON: 07/27/2020:** 11:00 pm Wash DC | **TUE: 07/28/2020:** 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney

### **Mindfulness Part 4: Managing Reactions**

In this session we will cover the following: What is stress? Stress-Reactions versus Stress-Responses; Learning to respond rather than react; Mindfulness of the breath and body; and Mindfulness of sounds and thoughts. The session will end with a mindfulness exercise on "Acceptance of Thoughts and Feelings." Webinar with Q&A; Experiential practice.

**Hosted by:** Frozan Esmati & Megha Gore

**MON: 08/03/2020:** 11:00 pm Wash DC | **TUE: 08/04/2020:** 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney

[Materials Available](#)

## **DAPP – Lunch & Learn: A Personal and Professional Growth Journey**

### **Session 1: The Law of Intentionality "Growth Doesn't Just Happen"**

Identify growth gaps and misconceptions that prevent us from moving from where we are to where we want to be.

**Hosted by:** Malahat Baig-Amin & Elizabeth Legrain

**Guest Speaker:** Caroline Johnson, John Maxwell Leadership Coach, Trainer, Mentor and Speaker on self-motivation. Founder of Caroline Sarah Ventures

**WED: 07/29/2020:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

[Materials Available](#) | [Video Available](#)

Caroline is founder of Caroline Sarah Ventures LLC (CSV), a Washington D.C.-based, woman-owned company which provides individual and small group coaching services, in-person and on-line, that focus on educating, motivating and developing customized pathways to success. Caroline's international acumen is critical to her success in global education, international business and strategic communications/digital platforms. She understands the dynamics of contemporary life and work in a diverse, multicultural, inter-connected world. She is multilingual (fluent in English, French and Spanish; and conversational in Portuguese and Italian). Caroline completed her MBA in Spanish at EUDE in Spain. She also obtained a BA in Management from ESC Business School in France and an MA in International Business & Languages from Heriot Watt University, Scotland. Caroline has completed a series of continuing education programs in the United States, receiving professional certification to qualify as an Executive and Personal Coach with a specialist focus on leadership development, the empowerment of women and positive psychology.

## **DAPP – Lunch & Learn: A Personal and Professional Growth Journey**

### **Session 2: The Law of Awareness "You Must Grow Yourself to Know Yourself"**

Find direction and discover what steps you need to take. Mindfulness techniques included.

**Hosted by:** Malahat Baig-Amin & Elizabeth Legrain

**Guest Speaker:** Caroline Johnson, John Maxwell Leadership Coach, Trainer, Mentor and Speaker on self-motivation. Founder of Caroline Sarah Ventures

**WED: 09/16/2020:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

[Click here to join the Webex](#) | Meeting number (access code): 160 395 5363 | Meeting password: peVCjWRa733

1-650-479-3207 Call-in toll number (US/Canada) | [Global call-in numbers](#)

For Caroline's bio, please see the above session.

### **The Power of Relationships**

Relationships are essential to our lives and the quality of our relationships matter. Research from the fields of neuroscience and interpersonal neurobiology suggest there's a powerful influence that relationships have on our emotional and physiological health. In what ways can we increase the positive effects and minimize the negative consequences our relationships can have on our health and well-being? In this session, we will explore the impact that couples have on one another within the context of their relationship and how to strengthen and grow in the time spent together and apart. Webinar with Q&A

**Hosted by:** Malahat Baig-Amin

**WED: 08/05/2020:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

[Materials Available](#)

### **DAPP – Lunch & Learn: Show Up, Dream Big, Be Intentional: Living on Purpose in Difficult Times**

Joanne will discuss how to help you discover ways to feel happy about your work and satisfied you're living up to your potential. Challenging times like these, when many of us are forced to adjust to new ways of working and interacting with our colleagues, can make our personal goals seem even more difficult to achieve. This presentation will give you some tools to clarify your personal vision, translate the vision into goals, and create a plan for reaching those goals, so you can show up at your best where it matters most.

**Hosted by:** Malahat Baig-Amin & Elizabeth Legrain

**Guest Speaker:** Joanne Creary, Coach

**WED: 08/05/2020:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

[Video Available](#)

Joanne Creary is a trained professional life coach who has a passion for helping her clients break free of limiting beliefs and discover their unique life calling. She is the owner of Well Woman Coaching with the mission to support others in their personal growth and development so they can live happier, more meaningful lives. Joanne believes firmly in the idea that change is possible and that anyone can overcome obstacles and write a different ending to their life story. Joanne is a former Senior Communications Officer in the IMF's Communications Department. In addition to being a life coach, she is a seasoned communications professional, writer and editor. She holds a master's degree in Counseling Psychology and certification in life and group coaching. She is a contributor to the book *Called to Coach*, edited by Janice LaVore-Fletcher. Joanne is a member of the International Coach Federation.



### **Staying Positive During the Coronavirus Summer**

Summer is here and the Coronavirus is still around. How can we welcome the summer with a resilient attitude and continue to remain positive as we navigate existing challenges and possible new ones? In this informational support group, we will discuss the various ways to achieve those objectives. Information Support Session

**Hosted By:** Roua Hijazi

**THU: 07/09/2020:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

**THU: 07/09/2020:** 9:00 pm Wash DC | **FRI: 07/10/2020:** 6:30 am Delhi, 8:00 am Bangkok, 11:00 am Sydney

### **Taking Care of Yourself: Maternal Mental Health During COVID-19**

Although having a baby is often equated with the happiest time in a woman's life, mental health challenges are common for expectant mothers. Between 10-20% of women globally experience post-partum depression and anxiety. These are estimates prior to the pandemic, a time when women are facing unprecedented stressors. Join this webinar to build awareness of these challenges and learn coping techniques. This session is meant to be informative and interactive. It will end with a guided mindfulness practice. Webinar with Q&A

**Hosted by:** Melanie Cashdan

**WED: 08/05/2020:** 9:00 pm Wash DC | **THU: 08/06/2020:** 4:00 am Nairobi, 6:30 am Delhi, 8:00 am Bangkok, 11:00 am Sydney

**THU: 08/06/2020:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

### **To Sleep or Not to Sleep (Part 2): The Importance of Good Sleep for Health, Wellness and Productivity**

Two sleep experts will provide the latest science about sleep; tips on how to manage the impact of sleep deprivation; and how to balance sleep, work and life in today's hectic (pandemic) environment. One of our guests, Dr. Brim, delivered an outstanding presentation entitled "To Sleep or Not to Sleep" in 2017, and returns to expand on this topic during the panel discussion.

**Moderated by:** Dr. Stuart Fisher, Head of HSD's Counseling Unit

**Guest Speakers:** Dr. William Brim and Dr. Diana Dolan, CDP

**WED: 07/22/2020:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney

Dr. Brim is the director of the DoD Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Brim received his bachelor's degree in psychology from the University of Tennessee and his master's and doctorate degrees in clinical psychology from Nova Southeastern University in Fort Lauderdale, Florida. He leads the Center's Sleep Disorders team which has trained over 3,000 providers internationally in the assessment and treatment of sleep disorders. He has published over 25 peer-reviewed articles, book chapters, manuals and workbooks related to sleep disorders and provides sleep disorder treatment and consultation in private practice.

Dr. Dolan is a clinical psychologist at the Center for Deployment Psychology. In this capacity, she develops curriculum content and delivers training on behavioral sleep medicine/sleep disturbances, chronic pain, and behavioral health in primary care. She earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas, is certified in behavioral sleep medicine by the American Board of Sleep Medicine and holds a diplomate from the Board of Behavioral Sleep Medicine.

### **Mindfulness Relaxation**

HSD offers a variety of resources for staff members who would like help developing a better life-balance strategy, including:

**Weekly Mindfulness Relaxation Sessions:** Did you know that the Relaxation Response is recognized as being the opposite of the physiological stress response? Relaxation is an easy tool, doesn't cost anything and it works!

Guylaine Dion, Megha Gore and Melanie Cashdan of the Counseling Unit, facilitate a free ongoing weekly class (available online) called "The Power of Relaxation" - ([Click here for a direct link](#)):

- **Tuesdays - English:** 12:00pm Washington, DC
- **Wednesdays - English:** 9:30am Nairobi / 12:00pm Delhi
- **Thursdays - Spanish:** 12:00pm Washington, DC / 6:00pm Madrid