

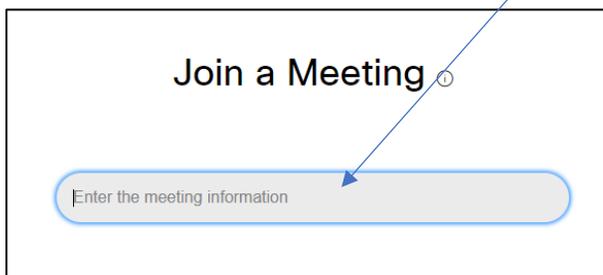
# HSD Psychosocial Support Programs During COVID-19

Spring 2021

*This document will be continuously updated*

## How to Join (Cisco Webex)

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.



### **The Art & Science of Happiness**

Am I happy? What makes me happy? Finding happiness has been a human pursuit forever yet we often find ourselves challenged on how to even begin to identify this feeling. The Art of Happiness program is a 4-part series where we will explore the various components of happiness and learn ways to increase positivity to help people live happier, more satisfying lives.

**Hosted by:** Megha Gore (CO Sessions) | Melanie Cashdan (HQ Sessions)

#### **Part 1: Train The Brain: Making The Choice To Be Happy**

Positive psychology has shown us that happiness is a science made up of various components. It is something we can develop and learn. Flexibility of the human brain allows for intentional choices, additionally cultivating present moment focus enhances the experience of any emotional state. Join us as we discuss happiness as it relates to our mind and touch upon habits for a more fulfilling life! (Workshop – 45 minutes)

**THU: 06/03/2021:** 10:30 am Nairobi, 1:00 pm Delhi, 2:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 160 762 5531 | Password: eRpZ8pDeV23

**THU: 06/03/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 521 0273 | Password: SyQ7bU9Tpj3

#### **Part 2: Being Kind & Cultivating Gratitude**

Acts of kindness and generosity enhance our connection with ourselves and our world; expressing gratitude helps us feel more positive emotions. All together acts of heartfulness and thankfulness reinforce and strengthen our sense of well-being, increasing our happiness quotient! In Part 2, we will learn about kindness and gratitude and highlight some key practices. (Workshop – 30 minutes)

**THU: 07/01/2021:** 10:30 am Nairobi, 1:00 pm Delhi, 2:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 160 335 7686 | Password: nUqq4sdFv33

**THU: 07/01/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 545 8342 | Password: hrH2BsUMY88

### **Part 3: Engagement & Finding Meaning**

Having a sense of purpose allows us to feel connected to our every moment. Research shows that finding meaning related to what we do and who we are increases our happiness and allows us to thrive. Discovering meaning or purpose doesn't always have to be the challenge that we often make it. Likewise, it doesn't have to involve grand gesture. Join us as we touch upon meaning and share practical tips related to cultivating it. (Workshop – 30 minutes)

**THU: 08/05/2021:** 10:30 am Nairobi, 1:00 pm Delhi, 2:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 160 818 2776 | Password: GSvKXbpw787

**THU: 08/05/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 290 5812 | Password: urJvNnwW953

### **Part 4: Developing Connections (Relationships)**

Human beings are social being, we thrive on connections. Connection is a basic need - like food and shelter. Learn more about the link between feeling connected and being happy. What can we do to feel more connected in our daily lives? Join us as we look at ways to foster connection and discuss its power as it relates to happiness. (Workshop – 30 minutes)

**THU: 09/02/2021:** 10:30 am Nairobi, 1:00 pm Delhi, 2:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 160 301 9689 | Password: ZYrHQmph735

**THU: 09/02/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 296 2893 | Password: yQ6aPaekj59



### **Behavioral Addictions: Exploring Warning Signs and Vulnerability Factors**

Increased stress, isolation and uncertainty over the past year has resulted in a global increase in people struggling with behaviors that could lead to behavioral/process addictions. This webinar is an invitation to raise awareness of behaviors that can have addictive tendencies and explore healthier alternatives. An overview of current international trends for the more common process addiction behaviors including gambling, gaming, sex, work, exercise, internet and food will be provided. We will explore vulnerability factors and warning signs while considering the similarities and differences between substance use addictions and behavioral/process addictions and how they interact with one another and discuss coping strategies to manage stress and other susceptibility factors. (Webinar – 90 minutes)

#### **Objectives:**

- Increase awareness of vulnerability factors for behavioral/process addictions
- Explore global trends on behavioral/process addictions and cultural considerations
- Discuss ways addictive behaviors interact with one another
- Recognize the signs and symptoms of behavioral/process addictions in various contexts
- Discuss the importance of support and coping strategies to address concerns

**Hosted by:** Stuart Fisher

**Speaker:** Kate Appleman, Caron Foundation

**WED: 06/02/2021:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Meeting number: 160 605 4029 | Password: MknqphpC667

**WED: 06/09/2021:** 8:00 pm Wash DC, 5:30 am Delhi, 7:00 am Bangkok, 10:00 am Sydney

Meeting number: 160 299 9422 | Password: 42XBb4jtEUm

#### **Bio:**

Kate Appleman is the Senior Clinical Director of Men's Treatment Services at Caron Treatment Centers and has been with Caron since 2005 and has been active in program development, supporting the creation of evidence-based clinical programming for executives, healthcare professionals, attorneys, and opioid

	<p>addiction. Kate's areas of expertise include men's addiction treatment and recovery, as well as relapse treatment and prevention, motivational interviewing, and working with family systems impacted by addiction. Her tenure at Caron has allowed her to receive training in addiction interaction disorder (AID) and professional development. She is a certified clinical supervisor and a certified advanced alcohol and drug counselor and holds C-SAT and C-MAT certifications.</p>
	<p><b>Boundaries as an Act of Love: Overcoming Emotional Overfunctioning</b>  This is a series of talks on the topic of boundary setting for those who find it challenging to assert their needs and ask for what they want and have a tendency to feel responsible for the feelings of others. Recommended reading: <i>The Dance of Anger</i>, by Harriet Lerner, Ph.D. (Workshop – 60 minutes)</p> <p><b>Hosted by:</b> Claudia Salazar</p> <p><b>Part 4: FRI: 05/07/2021:</b> 12:00 pm (Noon) Wash DC, <b>7:00 pm Nairobi</b>, <b>9:30 pm Delhi</b></p> <p>Meeting number: 180 634 9009   Password: 4hcf6M3HZpa</p>
	<p><b>DAPP Event: Como Navegar Conflictos para Fortalecer la Relacion de Pareja</b>  En esta presentacion de 60-minutos, conversaremos sobre tips y estrategias para incrementar la armonia familiar y disminuir la tension entre la pareja. Aprenderemos tecnicas de comunicacion para navegar 4 comunes cliclos de conflicto de pareja y revisaremos senales de alerta de violencia familiar y como recurrir a ayuda. (Webinar – 60 minutes)</p> <p><b>Hosted by:</b> Diana Mayer</p> <p><b>THU: 06/10/2021:</b> 10:00 am Wash DC, <b>5:00 pm Nairobi</b>, <b>7:30 pm Delhi</b>, <b>9:00 pm Bangkok</b></p> <p>Meeting number: 160 576 9505   Password: pHikr5JxX94</p>



### **Coping with Grief and Loss**

This session addresses grief and loss, what to expect and coping strategies. Grief is the natural reaction to loss, and can influence the physical, emotional, cognitive, behavioral, and spiritual aspects of our lives. The pain and grief that follows can seem, at times overwhelming. We will explore strategies that can help reduce the negative impact on our daily functioning. We will explore strategies that can help us navigate the days and weeks following a significant loss and reduce any negative impacts on our daily functioning. (Webinar – 60 minutes)

**Hosted by:** Catherine Waithira Mwaniki

**WED: 05/12/2021:** 7:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok, 9:00 pm Sydney

Meeting number: 160 392 9851 | Password: K9Cvr5J4JAi

**WED: 05/26/2021:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Meeting number: 160 510 8130 | Password: qWEMQTdG464



**DAPP Event: Creating Connection: Understanding and untangling couples' negative communication patterns (that leave partners feeling stuck and disconnected)**

Couples often get caught in negative communication patterns. The little things a partner does or doesn't do, the way we perceive their tone of voice or the way they look at us can set in motion a distressing "relationship dance" of negative thoughts, feelings and behaviors. One partner reacts to the other's reactions and then that partner reacts to the other partner's reactions and round and round they go in a negative cycle that leaves both partners feeling upset and alone. This session, with Sabine Cornelius PhD, MSW, will explore real life examples of how understanding and untangling a couple's negative communication pattern is a first step towards getting unstuck, creating a positive cycle of communication and finding connection and closeness. (Webinar – 60 minutes)

**Hosted by:** Malahat Baig-Amin

**Presenter:** Sabine Cornelius

**TUE: 05/11/2021:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi

Meeting number: 160 266 6773 | Password: txKJaaqq525

**Bio:**

Sabine Cornelius, PhD, MSW is a Clinical Social Worker licensed to practice psychotherapy in the District of Columbia, Maryland and Virginia. She enjoys working with clients from diverse cultural backgrounds and feels passionate about helping clients to (re)connect with themselves and their partners in a safe environment. She has a background in working with clients in a variety of settings, including in- and outpatient psychiatry, LGBT-friendly mental health services, and university student counseling. She has extensive training and experience in helping couples with relationship difficulties as well as in working with clients struggling with painful childhood and life experiences. As a former World Bank staff and IMF spouse, she is familiar with the unique challenges faced by World Bank/IMF staff in their work and personal lives.



### El arte amoroso de establecer limites sanos en nuestras relaciones 4-part series

Se le dificulta decir que no a sus seres amados, o en su trabajo? Le cuesta tener claridad y pedir lo que necesita de otros? En este taller, exploraremos el arte de convertir la rabia y el resentimiento, en una oportunidad de mejorar nuestras relaciones personales y profesionales a traves del establecimiento de limites sanos. Lectura Recomendada: [La Danza de La Ira](#) (Webinar – 60 minutes)

**Hosted by:** Claudia Salazar

**Part 1 FRI: 05/14/2021:** 1:00 pm Wash DC, **8:00 pm Nairobi**  
Meeting number: 160 739 7424 | Password: e22GbZAmtd7

**Part 2: FRI: 05/21/2021:** 1:00 pm Wash DC, **8:00 pm Nairobi**  
Meeting number: 160 293 8210 | Password: qwXJtmpp684

**Part 3: FRI: 06/04/2021:** 1:00 pm Wash DC, **8:00 pm Nairobi**  
Meeting number: 160 631 3292 | Password: AMjfmkd783

**Part 4: FRI: 06/11/2021:** 1:00 pm Wash DC, **8:00 pm Nairobi**  
Meeting number: 160 883 9676 | Password: Em33sMTC58A

**DAPP Event: Gaslighting**

This webinar will discuss the important topic of gaslighting as it relates to intimate partner relationships. Key concepts that will be explored include, identifying power & control versus equality in relationships, and discovering various types of emotional abuse including gaslighting. Emphasis will be placed on learning to recognize unhealthy relationship and how gaslighting can affect emotional health. Participants will learn about recovering from emotional abuse (gaslighting) and effective treatment. Resources will also be shared about getting help and support. (Webinar – 60 minutes)

**Hosted by:** Stephanie Asare Nti

**Presenter:** Vivian Levy, LCPC

**WED: 05/19/2021:** 8:00 am Wash DC, 3:00 pm Nairobi, 5:30 pm Delhi, 7:00 pm Bangkok

Meeting number: 160 159 3728 | Password: pW3ke6F26Ps

**Bio:**

Vivian is a Licensed Professional Counselor (LCPC) and an EMDR trained therapist. Through her work in family violence, she has gained a great understanding of trauma and the needs of the family and uses evidence-based techniques such as [Eye Movement Desensitization \(EMDR\)](#) to treat trauma, post-traumatic stress disorder, as well as anxiety and depression. She also treats couples using “Imago” principles, helping them experience trust and safety in the relationship. Vivian has worked closely with the legal system and is a trained mediator focusing on helping couples to effectively continue to co-parent their children, after separation and divorce. Vivian is a member of the International Association for Counseling (IAC). Her extensive travel and personal diverse background, as well as her in-depth experience working with a multitude of cultures, have helped her gain a deep understanding of the cross section between culture and treatment approaches.



### **DAPP Event: L'anxiété chez les enfants et adolescents: Stratégies pour gérer son anxiété pendant les périodes difficiles**

Les enfants et les jeunes souffrant d'anxiété sont davantage susceptibles de rencontrer des difficultés dans leurs relations sociales, leur vie familiale, et à l'école. Cette présentation examine les troubles de l'anxiété et leurs manifestations chez les enfants et les adolescents. Les différentes parties de l'anxiété sont examinées en détail afin de mieux comprendre les symptômes physiologiques, les pensées négatives, et les comportements qui accompagnent l'anxiété. Plusieurs traitements et stratégies sont présentés pour aider les enfants à faire face à leurs craintes et leurs anxiétés. Enfin, une attention spéciale est accordée aux stratégies de respiration, relaxation, et à la thérapie cognitive-comportementale qui peut aider les enfants et les jeunes à gérer leur anxiété en utilisant de nouvelles façons de penser et en faisant face à leurs peurs. (Webinar – 60 minutes)

**Hosted by:** Roua Hijazi

**Presenter:** Idith Kahn

**WED: 06/09/2021:** 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi

Meeting number: 160 462 2183 | Password: eMqJZ7QYK57

#### **Bio:**

Idith Kahn est Psychologue clinicienne, bilingue Français et Anglais, et pratique les prises en charges thérapeutiques et les bilans d'évaluation psychologique. Dr. Kahn a reçu son B.A et M.S.W de Boston College avant d'obtenir son Doctorat en Psychologie de George Washington University. Elle a été formée à travers de nombreuses expériences au cours des 20 dernières années, y compris Boston Children's Hospital et Dana Farber Cancer Institute, Walter Reed Army Medical Center, et plusieurs hospices. Avec une formation aux approches psychodynamique et interactionnelle, et à l'approche cognitive-comportementale, Dr. Kahn permet d'offrir un traitement adapté à différentes situations. Dr. Kahn travaille en cabinet privé avec des enfants, adolescents et leurs familles sur Bethesda depuis plus de 10 ans. Elle est agréée dans l'état du Maryland et dans le District de Washington.



### **Managing Your Work-Life Balance During HBW**

Feeling overworked? You are not alone. Achieving a balance between your working hours and home life may seem unattainable. But there are steps that you can take to separate your working hours from the rest of your day. During this session, we will learn how to rethink the phrase work-life balance as work-life, home-life integration to figure out the best way to allow the different elements of our lives to work together, set boundaries for yourself, have conversations to evaluate the division of responsibilities and set realistic expectations for yourself each day and week. (Information Support Group - 60 minutes)

**Hosted by:** Catherine Waithira Mwaniki

**WED: 06/02/2021:** 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Meeting number: 160 511 1623 | Password: 3sWmcHEQm87

**WED: 06/16/2021:** 7:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok, 9:00 pm Sydney

Meeting number: 160 212 0993 | Password: VqsvufHt388



### Mindful Moment Sessions

Come join us for 12 mindful moments in 2021! In these brief sessions we will highlight a mindfulness concept combining both knowledge and practice. We hope this serves as a pause in your day, to check-in with yourself and leave with a tool that promotes wellbeing. The next three sessions are listed below. (Workshop – 30 minutes)

**Hosted by:** Melanie Cashdan & Megha Gore

**Moment 4: Curiosity: Beginners Mind:** What would it be like to see everything as though you are looking at it for the first time? In this mindful moment, we will learn about beginner's mind (a key foundation of mindful practice). Through this practice, we approach ourselves and our surroundings much like a child with curiosity and without predisposed judgments. Beginner's mind is key to building resilience and emotional intelligence. Come learn about the concept, it's benefits and concrete ways to incorporate it into your life. (Workshop – 30 minutes)

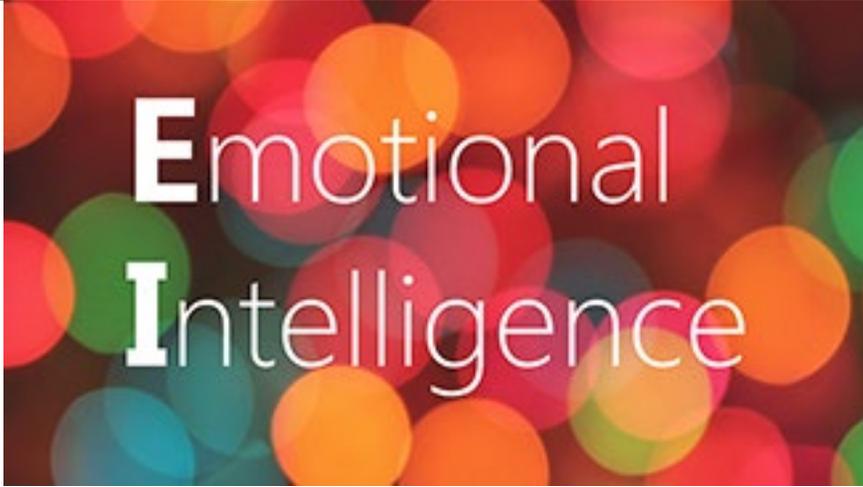
**WED: 05/26/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 984 5157 | Password: P9AmUzxt3k8

**Moment 5: Decluttering The Mind:** Clutter is everywhere in our lives. It is present in our homes, our jobs, our connections and even in our minds. Mental clutter includes both the quantity (too many) and quality of our thoughts. When the mind is filled with thoughts, it can have a major impact on our wellbeing (i.e. making it difficult to focus, be productive and feel good). Join us as we touch upon mindfulness of thinking and share meditative practices that help to provide mental clarity and calm. (Workshop – 30 minutes)

**WED: 06/30/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 160 004 1975 | Password: QaRg82w3AXq

	<p><b>Moment 6: Working With Difficult Emotions (R.A.I.N.):</b> Feeling overwhelmed? Come learn about R.A.I.N (Recognize, Allow, Investigate &amp; Nurture), an accessible and effective mindfulness tool for working with difficult emotions. In this mindful moment, we will touch upon mindfulness of emotions, and focus on one mindfulness practice to relieve suffering and foster presence. This moment will end with a guided R.A.I.N. practice. (Workshop – 30 minutes)</p> <p><b>WED: 07/28/2021:</b> 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok Meeting number: 160 867 6473   Password: KAy3qQK2u5p</p>
	<p><b>The Other Kind of Smart: Enhancing Your Child's Emotional Intelligence</b> Emotional Intelligence is essential for academic and life success, perhaps even more so than cognitive ability. This involves awareness and understanding of one's own feelings, skills to manage strong emotions, and the ability to relate to the emotions of others. Join Dr. Ann Rowe to learn how parents can coach their children through the turbulent world of childhood emotions to develop stronger emotional awareness, greater self-control, and closer connections with others. (Webinar – 90 minutes)</p> <p><b>Hosted by:</b> Stuart Fisher <b>Presenter:</b> Ann Rowe, Kingsbury Wellness Center</p> <p><b>WED: 09/22/2021:</b> 8:30 am Wash DC, 3:30 pm Nairobi, 6:00 pm Delhi, 7:30 pm Bangkok (<a href="#">Register Here</a>)</p> <p><b>Note:</b> This session was rescheduled from 05/26/2021.</p>



## Self-Care

**Hosted by:** Frozan Esmati

### Part 1: Physical self-care

Enhance your physical health, improve your body image, change your eating habits. Start exercising regularly and sleep more soundly. (Workshop – 60 minutes)

**TUE: 06/01/2021:** 10:00 am Nairobi, 12:30 pm Delhi, 2:00 pm Bangkok, 5:00 pm Sydney

Meeting number: 160 055 1996 | Password: bJyCMpGB397

### Part 2: Social self-care

Research has found that social connections are good for our mental health. On the other hand, a lack of social connection is associated with poorer health, greater stress, and feelings of loneliness, depression, anxiety, and guilt. (Workshop – 60 minutes)

**TUE: 06/08/2021:** 10:00 am Nairobi, 12:30 pm Delhi, 2:00 pm Bangkok, 5:00 pm Sydney

Meeting number: 160 167 9793 | Password: jqVTX9Cpx23

### Part 3: Emotional self-care

Stop avoiding your feelings and expand your tolerance for emotional pain. Be less reactive when you experience intense emotions. Respond effectively when your feelings are being dismissed or invalidated by others. (Workshop – 60 minutes)

**TUE: 06/15/2021:** 10:00 am Nairobi, 12:30 pm Delhi, 2:00 pm Bangkok, 5:00 pm Sydney

Meeting number: 160 820 9433 | Password: RaeVvcBN428

	<p><b>Part 4: Spiritual self-care</b>  Spiritual self-care revolves around engaging in activities that turn our attention inward and reconnect us with ourselves. Spiritual self-care helps us cultivate a deeper sense of clarity about what matters most to us and what we believe in. We take care of our spiritual needs by taking time away from the daily grind to get quiet and tune in to our own inner wisdom. (Workshop – 60 minutes)</p> <p><b>TUE: 06/22/2021:</b> 10:00 am Nairobi, 12:30 pm Delhi, 2:00 pm Bangkok, 5:00 pm Sydney  Meeting number: 160 869 2900   Password: MNnQpedZ896</p> <p><b>Part 5: Self-Compassion</b>  Research studies have demonstrated the mental and physical benefits of self-compassion. People who are more self-compassionate experience great well-being . In this session we will cover the following objectives: Benefits of self-compassion; the physiology of self-criticism and self-compassion; mindfulness; letting go of resistance; developing loving-kindness for ourselves; self-compassionate motivation; self-compassion and our bodies; and, being there for others without losing ourselves. (Workshop – 60 minutes)</p> <p><b>TUE: 07/13/2021:</b> 10:00 am Nairobi, 12:30 pm Delhi, 2:00 pm Bangkok, 5:00 pm Sydney  Meeting number: 160 082 9609   Password: a8jQP3HGaH6</p>
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### Mindfulness Relaxation Sessions

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".

- **Tuesdays - English:** 12:00pm Washington, DC - [Click here at the stated time to attend.](#)
- **Wednesdays - English:** 2:30am Washington, DC / 9:30am Nairobi / 12:00pm Delhi - [Click here at the stated time to attend.](#)
- **Thursdays - Spanish:** 12:00pm Washington, DC / 6:00pm Madrid - [Click here at the stated time to attend.](#)

To register, please contact us at [The\\_Power\\_of\\_Relaxation@worldbank.org](mailto:The_Power_of_Relaxation@worldbank.org).