

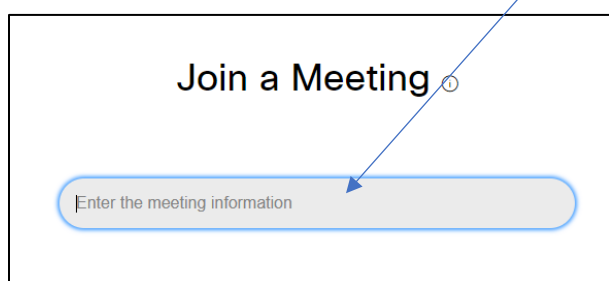
HSD Psychosocial Support Programs During COVID-19

Winter 2022

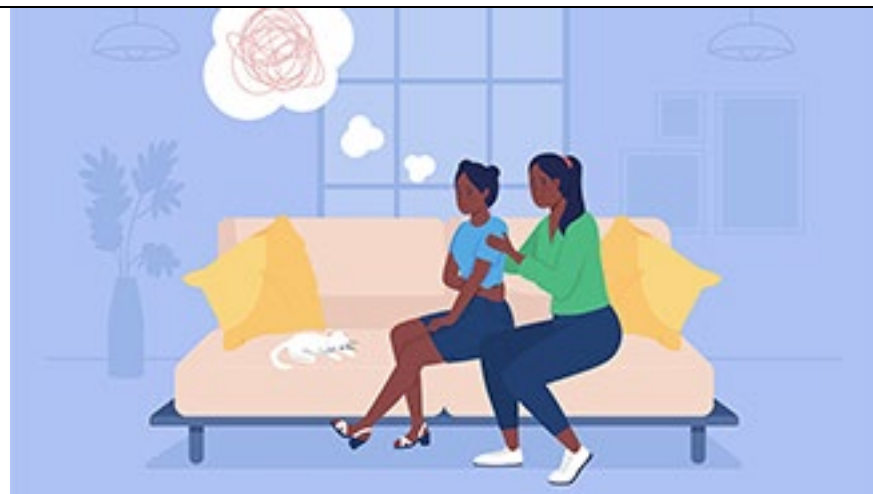
This document will be continuously updated

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.



Accompagner avec Compassion son Adolescent Anxieux

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, destinée aux parents, examine les troubles de l'anxiété et leurs manifestations chez les adolescents. Les différentes composantes 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 parents à accompagner les adolescents à faire face à leurs craintes et à leur anxiété. Enfin, une attention spéciale est accordée aux stratégies de respiration et de relaxation et à la thérapie cognitivo-comportementale qui peuvent aider les jeunes à gérer leur anxiété en utilisant de nouvelles façons de penser et en faisant face à leurs peurs. (Webinar – 90 minutes)

Hosted by : Guylaine Dion

Speaker: Idith Kahn, Psy. D., Psychologue clinicienne

WED: 03/09/2022: 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number (access code): 2311 281 9238 | Meeting password: 7GzPFsGvC62

Bio:

Idith Kahn est Psychologue clinicienne, bilingue en langues française et anglaise, 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*. Dr. Kahn travaille en cabinet privé avec les enfants, les adolescents et leurs familles sur Bethesda depuis plus de 10 ans. Elle est agréée dans l'état du Maryland et dans le District de Columbia.



Burnout: Cuando el trabajo soñado se convierte en una pesadilla

En este Webinar hablaremos acerca del Burnout. Nos enfocaremos en los factores de riesgo que corren los profesionales que trabajan en organizaciones de desarrollo internacional y los costos para el individuo y las organizaciones cuando no se toman medidas a tiempo para detener el proceso de Burnout. (Webinar – 60 minutes)

Hosted by: Claudia Salazar

FRI: 03/25/2022: 1:00 pm Wash DC, [8:00 pm Nairobi](#)

Meeting number (access code): 2312 611 1248 | Meeting password: dwM5tSq6yP8

Burnout: When Passion Leads To Burnout

When we equate the work we love (i.e., helping others, advocating for the environment, building infrastructure, etc.) with 'not really working', it propagates a belief that if we love something so much or if something is so meaningful, we should do it more often or all of time. In the end it leads mission driven employees and institutions to forget about self-care, balance and even each other. This webinar focuses on the growing burnout epidemic. We will explore the risk factors for professionals who work in international development organizations and the costs to the individual and the organization. Preventative and healing strategies will also be shared. (Webinar – 60 minutes).

Hosted by: Melanie Cashdan

TUE: 03/22/2022: 10:00 am Wash DC, [5:00 pm Nairobi](#), [7:30 pm Delhi](#), [9:00 pm Bangkok](#)

Meeting number (access code): 2312 599 6624 | Meeting password: fqJAp2i9Jn7



Burnout: Tools and Strategies to Help You in Your Healing from Burnout (4-Part Series)

High levels of chronic stress at work can leave us at risk for developing symptoms of Burnout. Burnout is a work-place related syndrome characterized by extreme physical and mental fatigue, detachment and cynicism, and reduced productivity. If left unattended, it can be debilitating, and recovery can take a long time, impacting individuals, teams, and the organization. There are organizational and individual factors that contribute to the risk of burnout. In this 4-part series, we will be taking a look at the protective and risk factors associated with burnout, and identifying paths of action at the individual and group level to reduce our vulnerability. We will conclude with a session aimed to help participants map a strategic plan for prevention and/or healing of symptoms. (Webinar – 60 minutes)

Hosted by: Frozan Esmati and Megha Gore

Part 1: Burnout syndrome: Burnt out: What is it? And how to recognize it

TUE: 02/15/2022: 8:30 am Nairobi, 11:00 am Delhi, 12:30 pm Bangkok, 4:30 pm Sydney

Meeting number (access code): 2305 453 6767 | Meeting password: 68F3jguKJ9Q

Part 2: Burnout: Causes and effects

TUE: 03/01/2022: 8:30 am Nairobi, 11:00 am Delhi, 12:30 pm Bangkok, 4:30 pm Sydney

Meeting number (access code): 2305 453 6767 | Meeting password: 68F3jguKJ9Q

Part 3: Leadership and burnout

TUE: 03/15/2022: 8:30 am Nairobi, 11:00 am Delhi, 12:30 pm Bangkok, 4:30 pm Sydney

Meeting number (access code): 2305 453 6767 | Meeting password: 68F3jguKJ9Q

Part 4: Preventing burnout and building engagement

TUE: 03/29/2022: 8:30 am Nairobi, 11:00 am Delhi, 12:30 pm Bangkok, 4:30 pm Sydney

Meeting number (access code): 2305 453 6767 | Meeting password: 68F3jguKJ9Q



Confronting Loneliness and Isolation

Loneliness and social isolation are direct consequences of the COVID-19 pandemic. Both loneliness and isolation are the main contributors to mental health problems. Loneliness is a personal feeling of isolation which can have a huge impact on our physical and emotional wellbeing. The challenges associated with social distancing and isolation include separation from loved ones, loss of freedom, and financial difficulties are leading some people to experience feelings of anxiety, boredom, frustration and fear. Through this webinar, we will learn how to confront loneliness and isolation by identifying the causes of loneliness and isolation, maintaining strong social connections, managing negative emotions, developing resilience and reaching out for help. (Webinar – 60 minutes)

Hosted by: Catherine Waithira Mwaniki

WED: 02/23/2022: 9:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number (access code): 2306 484 6074 | Meeting password: eEtbJ4KT3J3

WED: 03/16/2022: 7:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok

Meeting number (access code): 2304 099 5999 | Meeting password: FxJvxECK393



Kingsbury Wellness & Learning Group: Q & A Series

Choosing Your Battles - Teens and Accountability

Dr. Conklin will lead a Q&A about how to hold teens accountable without pushing them away. (Webinar – 60 minutes)

Hosted by: Stuart Fisher

Speakers: Elliott Conklin, Psy.D.

THU: 02/17/2022: 12:00 pm Wash DC, 8:00 pm Nairobi ([Register Here](#))

Understanding Anxiety - Beyond Breathing Techniques

Dr. Siegel will lead a Q&A about how we understand anxiety in children, and how children experience anxious feelings - whether it's a need for control, perfectionism, or low frustration tolerance. She'll also discuss how anxiety might affect kids as they manage COVID and virtual learning. (Webinar – 60 minutes)

Hosted by: Stuart Fisher

Speakers: Lauren Siegel, Psy.D.

THU: 02/24/2022: 12:00 pm Wash DC, 9:00 pm Nairobi ([Register Here](#))

What is psychotherapy? When to seek help for your child and what to expect

Dr. Matthews will lead a Q&A about when to make the decision to seek therapeutic support. She will also describe different types of therapy, such as Cognitive Behavioral Therapy (CBT) and play therapy, and review what parents can expect from the process. (Webinar – 60 minutes)

Hosted by: Stuart Fisher

Speakers: Sarah Matthews, Psy.D.

THU: 03/03/2022: 9:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi ([Register Here](#))

What is psychotherapy? When to seek help for YOU and what to expect

Dr. Conklin will lead a Q&A about when to make the decision to seek therapeutic support. He will talk about what therapy really is, what it isn't, and what to think about when searching for a therapist. (Webinar – 60 minutes)

Hosted by: Stuart Fisher

Speakers: Elliott Conklin, Psy.D.

THU: 03/03/2022: 12:00 pm Wash DC, 8:00 pm Nairobi ([Register Here](#))

[Click here for presenter bios.](#)



Mindful Moments of 2022

Come join us for mindful moments of 2022! This year we will review some popular topics and explore new ones. In these brief sessions we will highlight a mindfulness concept combining both knowledge and practice. We hope these moments serve as a pause in your day, to check-in with yourself and leave with a tool that promotes wellbeing. (Workshop – 30 minutes)

Hosted by: Melanie Cashdan

Moment 1: Breathing: There is nothing more essential to our physical and emotional health than breathing. Although we breathe thousands of times a day, we tend to not do it in a way that sustains and refuels us. For this mindful moment, we will highlight the benefits to mindful breathing, review a few techniques and end with a breathing exercise.

MON: 02/07/2022: 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi

Meeting number (access code): 2314 164 6730 | Meeting password: FbrHzAYf589

Moment 2: Anger: When viewed through the lens of mindfulness, anger is just energy that is neither good nor bad. It's only when we engage with anger — identify with it, fuel it, hold onto it, become consumed by it — that things can become problematic. In this moment, we will delve more deeply the inner workings of anger from a mindful perspective and learn new ways to relate to painful emotions using the power of presence.

TUE: 03/08/2022: 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi

Meeting number (access code): 2302 551 1916 | Meeting password: uE6gWK7VzH2

Moment 3: 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.

TUE: 04/05/2022: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number (access code): 2317 627 4744 | Meeting password: kNkigBpi334

Moment 4: Acceptance: Acceptance begins with the willingness to see things exactly as they are in the present moment. It is an essential attitude of mindfulness. Ironically, you have to see things as they are and yourself as you are—truly—in this moment to change, heal or transform. Join us as we will learn and practice the great art of acceptance.

TUE: 05/10/2022: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number (access code): 2302 885 4165 | Meeting password: bMpAwXTM536

**Note: There may be time changes in Country Office locations after March 13 as the U.S. starts Daylight Saving Time.*



Pensouillard, c'est ce hamster qui court, dans notre tête, jour et nuit, à l'intérieur de sa roulette. Il nous fait la vie dure, nous la rend même impossible. Il nous empêche souvent de dormir. Il voit des menaces là où il n'y en n'a pas. Il élabore des scénarios-catastrophes. Il fait des problèmes avec des situations qui n'en sont pas. Il provoque des conflits inutiles. Il nous empêche d'élaborer des plans d'action et de passer à l'action. Il se critique, se blâme, se juge, et fait de même avec les autres. Il peut même nous rendre malade, physiquement et psychiquement. Bref, c'est une petite peste!

Mais il y a des moyens de l'appivoiser, de le calmer et de ralentir sa course. Et quand on y arrive, on peut vraiment savourer la vie! C'est ce que cette conférence nous apprendra à faire... (Webinar – 90 minutes)

Hosted by : Guylaine Dion

Speaker: Dr. Serge Marquis, Médecin spécialiste en santé communautaire

WED: 02/16/2022: 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number (access code): 2309 985 3321 | Meeting password: wMw5sQxCh97

Bio:

Serge Marquis est médecin spécialiste en santé communautaire et a complété une maîtrise en médecine du travail au London School of Hygiene and Tropical Medicine à Londres. Depuis plus de trente ans, il s'intéresse à la santé des organisations. Il a développé un intérêt tout particulier pour le stress, l'épuisement professionnel et la détresse psychologique dans l'espace de travail. Il s'est également intéressé à la difficulté de maintenir un équilibre entre la vie au travail et à l'extérieur du travail. Il a étudié la perte de sens, la soif de reconnaissance et le rapport complètement névrosé qu'a l'homme moderne avec le temps. Il a également soigné un grand nombre de personnes devenues dysfonctionnelles au travail. En 1995, il a mis sur pied sa propre entreprise de consultation dans le domaine de la santé mentale au travail, entreprise appelée: T.O.R.T.U.E. Il est l'auteur avec Eugène Houde d'un livre intitulé : « Bienvenue parmi les humains », et d'un autre livre intitulé : « Pensouillard le Hamster; Petit Traité de Décroissance Personnelle » paru aux Éditions Transcontinental. Ce livre a reçu le « Coup de Coeur de Renaud-Bray » et a été mis en nomination pour le prix du « Grand Public de la Presse ». Best-seller au Québec, le

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| | <p>livre l'est également en Europe sous le titre « On est foutu, on pense trop ! », publié aux Éditions de La Martinière. L'an dernier, il a été traduit en italien, en allemand et en coréen. Puis, il est sorti en livre de poche aux éditions Points. En 2016 également, est paru chez Guy Saint-Jean Éditeur « Egoman », son premier roman, dans lequel il poursuit sa réflexion sur l'ego.</p> |
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An organizational culture that truly sees, acknowledges, and values the unique contributions that a diverse workforce brings into the organization embodies the key elements of psychological safety. Without it, an organization cannot fulfill its mission, teams can't accomplish their goals, and opportunities for leadership and innovation are lost. Join us for this 5-part series Webinar to take a deeper look at this topic from the perspective of interpersonal neuropsychology. (Webinar – 60 minutes)

Hosted by: Claudia Salazar (and Catherine Waithira Mwaniki: Part 3 and 5)

Part 1: Neuropsychological Foundation

THU: 02/10/2022: 9:00 am Wash DC, **5:00 pm Nairobi**, **7:30 pm Delhi**, **9:00 pm Bangkok**

Meeting number (access code): 2309 493 9494 | Meeting password: t2Q756p3FnG

Part 2: The Role of our Attachment System

THU: 03/10/2022: 9:00 am Wash DC, **5:00 pm Nairobi**, **7:30 pm Delhi**, **9:00 pm Bangkok**

Meeting number (access code): 2309 493 9494 | Meeting password: t2Q756p3FnG

Part 3: Taming our Fear Based Response

THU: 04/14/2022: 9:00 am Wash DC, **4:00 pm Nairobi**, **6:30 pm Delhi**, **8:00 pm Bangkok**

Meeting number (access code): 2309 493 9494 | Meeting password: t2Q756p3FnG

Part 4: Changing Unhelpful Survival Strategies

THU: 05/12/2022: 9:00 am Wash DC, **4:00 pm Nairobi**, **6:30 pm Delhi**, **8:00 pm Bangkok**

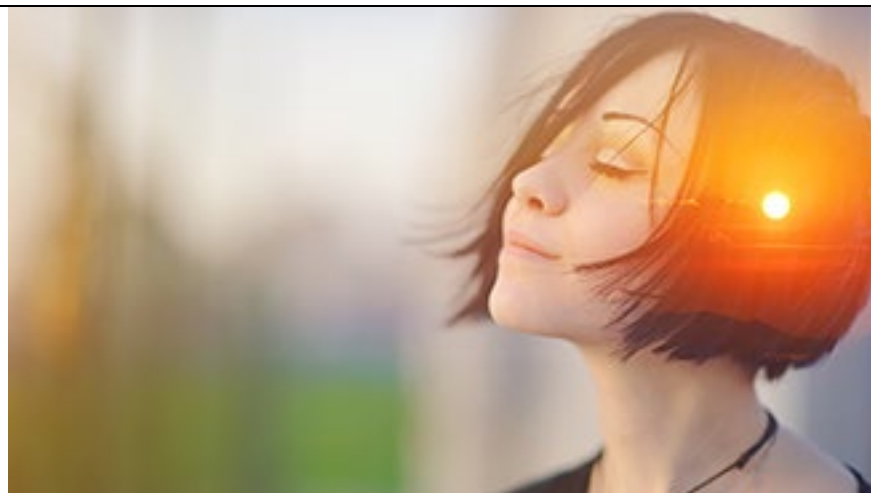
Meeting number (access code): 2309 493 9494 | Meeting password: t2Q756p3FnG

Part 5: Team Co-Regulation

THU: 06/09/2022: 9:00 am Wash DC, **4:00 pm Nairobi**, **6:30 pm Delhi**, **8:00 pm Bangkok**

Meeting number (access code): 2309 493 9494 | Meeting password: t2Q756p3FnG

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Sessions de Relaxation en Pleine Conscience

Saviez-vous que la réponse de relaxation est reconnue comme étant l'opposé de la réponse physiologique de stress ? Lorsque pratiquée sur une base régulière, la relaxation ainsi que la méditation en Pleine conscience (*Mindfulness*) peuvent promouvoir les bénéfices suivants : la libération de la tension physique, la gestion des émotions, l'amélioration de la qualité et de la quantité de sommeil, l'amélioration de la concentration, de l'attention, de la productivité au travail et du sentiment d'accomplissement personnel, l'amélioration de la communication et des relations interpersonnelles, la connexion authentique avec soi afin de retrouver le calme et la paix intérieure, ce qui peut ainsi permettre de retrouver le sentiment de contrôle sur sa vie. Je vous invite vivement à participer à cette série de relaxation guidées en Pleine conscience !

Hosted by : Guylaine Dion

TUESDAYS: 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Cette formation en français est offerte de façon hebdomadaire tous les mardis. Prochains thèmes à être déterminés. – [Click here at the stated time to attend.](#)

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