



The National Board for Certified Counselors

COVID-19-Related Stress in Healthcare Workers

Webinar Follow-up Question and Answer Session with Martha Teater

Question from Nazila Aghazadeh:

Have you heard any therapists meeting with clients at parks? (with Privacy protections in place)
Thank you.

Answer from Presenter

Yes, I have heard of therapists doing that. It helps to have a conversation with the client about the possibility of someone seeing them with you and how they would handle that. I think a lot of clients would welcome to opportunity to get outside and talk, maybe even while walking.

Question from Allen Vosburg:

How do you start working with devalued individuals to give them hope? Where should the focus be to help them feel better about themselves?

Answer from Presenter

That's a good question. I would be curious about what contributes to their sense of feeling devalued and hopeless. Feeling better about one's self is an internal process, so we aren't able to just pump them full of optimism and confidence. I would help them set up opportunities to feel successful and capable and would build on strengths. Helping clients identify their strengths is a good place to start.

Question from Allen Vosburg:

I have been told that I have been slightly off lately by my family. I have taken extra time and focus to change or correct that issue. What do you feel is a starting point to self-adjust?

Answer from Presenter

You're already showing that you are open to their feedback, which is a great place to start. It may help to invite them to continue to share feedback and observations with you, and to let them know you are willing to work on it. Journaling may help you track your changes and progress, as will ongoing conversations with your family.