

## Addressing COVID-19 Fears with Telehealth Methods and Acceptance & Commitment Therapy

You can contribute to reducing suffering and improving quality of living during this Coronavirus world emergency. COVID-19 has created a healthcare crisis, and mental health practitioners can assist with this worldwide public health concern by addressing people's clinically-relevant responses. General fear of contracting the coronavirus is being exacerbated by media reports (and hype) and the reactions (and over-reactions) of other people, and turning natural fear into debilitating anxiety. Two additional issues are compounding these problems: 1) Mandates to self-quarantine are leading to people having problematic reactions that might have a deleterious influence on their mental health, and 2) social distancing obligations are creating significant obstacles for clients to see their counselors, social workers, and psychologists.

Telehealth options are available for performing clinical interventions, but this is a fairly new field in the behavioral health profession. This webinar, led by the experienced founder of a telementalhealth organization, will walk you through the options for choosing a telehealth platform, and describe the important considerations when actually doing therapy online.

In addition, the webinar leader has been an Acceptance & Commitment Therapy practitioner for over 20 years, and will describe the ACT model, explain how it can be tailor-made for anxiety, and provide specific details for applying the approach to fear of the coronavirus. ACT utilizes mindfulness interventions, while blending evidence-based psychotherapy concepts into the approach, and aims to increase the client's psychological flexibility. The vision for this webinar is to prepare mental health practitioners with the technical tools for reducing the negative impact of this world crisis, and the clinical perspectives to help people with their psychological pain at this difficult time.

Telehealth guidelines and informed consent paperwork will also be provided.

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the clinically-relevant issues behavioral health professionals should be assessing given the public health crisis related to COVID-19.
2. Select telehealth options that fit ethical & professional guidelines.
3. Set up an ample context for doing applied behavioral science interventions through telehealth.
4. Identify the applicability of Acceptance and Commitment Therapy as a valid telehealth intervention for treating clinically-relevant issues.
5. Utilize a particular ACT approach for fears related to COVID-19.

### Outline

Begin 1PM ET  
Psychological impact of a public health crisis  
Platforms for tele-mental health  
ACT and Tele-mental health  
Break 12:30-12:45 PM ET  
De-mystifying ACT  
Mindfulness  
Acceptance  
Values  
Addressing COVID with ACT  
End 4:15 PM ET

### Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

### Seminar Schedule

Typically begins at 1:00 PM and ends at 4:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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### The Presenter

Daniel J. Moran, Ph.D., BCBA-D, is the founder of the MidAmerican Psychological Institute and Pickslyde Consulting. He is the past-president of the Association for Contextual Behavioral Science (ACBS), the international Acceptance and Commitment Therapy organization with over 8000 members worldwide. He co-wrote the first case conceptualization manual for Acceptance and Commitment Therapy entitled ACT in Practice (New Harbinger), and served on the first ACT training committee. Dr. D.J. is a Recognized ACT trainer and a Fellow in the ACBS community, and his engaging training style has led him to be an invited keynote speaker for many events in the last decade. He has also been featured on The Oprah Winfrey Network, TLC, and The Discovery Channel discussing the treatment of many clinical disorders, and has published several articles and book chapters including publications with CBT pioneer Albert Ellis, and ACT pioneer Steven Hayes.

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Tzkseminars  
6030 Daybreak Circle, Suite A150/355  
Clarksville, Md. 21029