

Coronavirus Pandemic-related Mental Health Workshops

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Neuroscience-based Workshops

1. Psychiatry Residents: Embracing the responsibility of becoming role models of resilience and beacons of hope during this Coronavirus Pandemic
2. Family Medicine Residents: Embracing the responsibility of becoming role models of resilience and beacons of hope during this Coronavirus Pandemic
3. Medical Students: Embracing the responsibility of becoming role models of resilience and beacons of hope during this Coronavirus Pandemic
4. Psychological Impact of Quarantine and how to reduce it
5. Helping patients cope better with Coronavirus Pandemic
6. Sustaining the wellbeing of healthcare professional during Coronavirus Pandemic
7. Reducing negative impact of social distancing on patients with dementia during Coronavirus Pandemic
8. Reducing negative impact of social distancing on patients with intellectual disabilities and or Autism spectrum disorder during Coronavirus Pandemic
9. Reducing negative impact of social distancing on patients with Schizophrenia during Coronavirus Pandemic
10. Creating systems of care in an organization (e.g., hospital, nursing home) to mitigate the psychological impact of Coronavirus Pandemic on patients, their family and healthcare professionals.
11. Creating systems of care in an organization (e.g., hospital, nursing home) to mitigate the psychological impact of Coronavirus Pandemic on patients living with disabilities (dementia, intellectual disabilities, Autism spectrum disorders, cerebral palsy, Schizophrenia), their family and healthcare professionals AND prevent healthcare disparities.
12. One Minute Meditations to reduce anxiety, abort panic and transform despair to hope.

All workshops include education, discussion, creating a practical action plan, handouts (from Center for the Study of Traumatic Stress and American Psychiatric Association) and meditations.

Duration:

Single event: 60 minutes to 4 hours.

8-weeks course (especially for first two workshops): 60 minutes to 2 hours per week and then maintenance sessions for 30 minutes once a week for rest of the year.

Medium: Via Telehealth (e.g., Zoom) or In-person.