

COVID-19: What it means to me, my wellbeing & my future

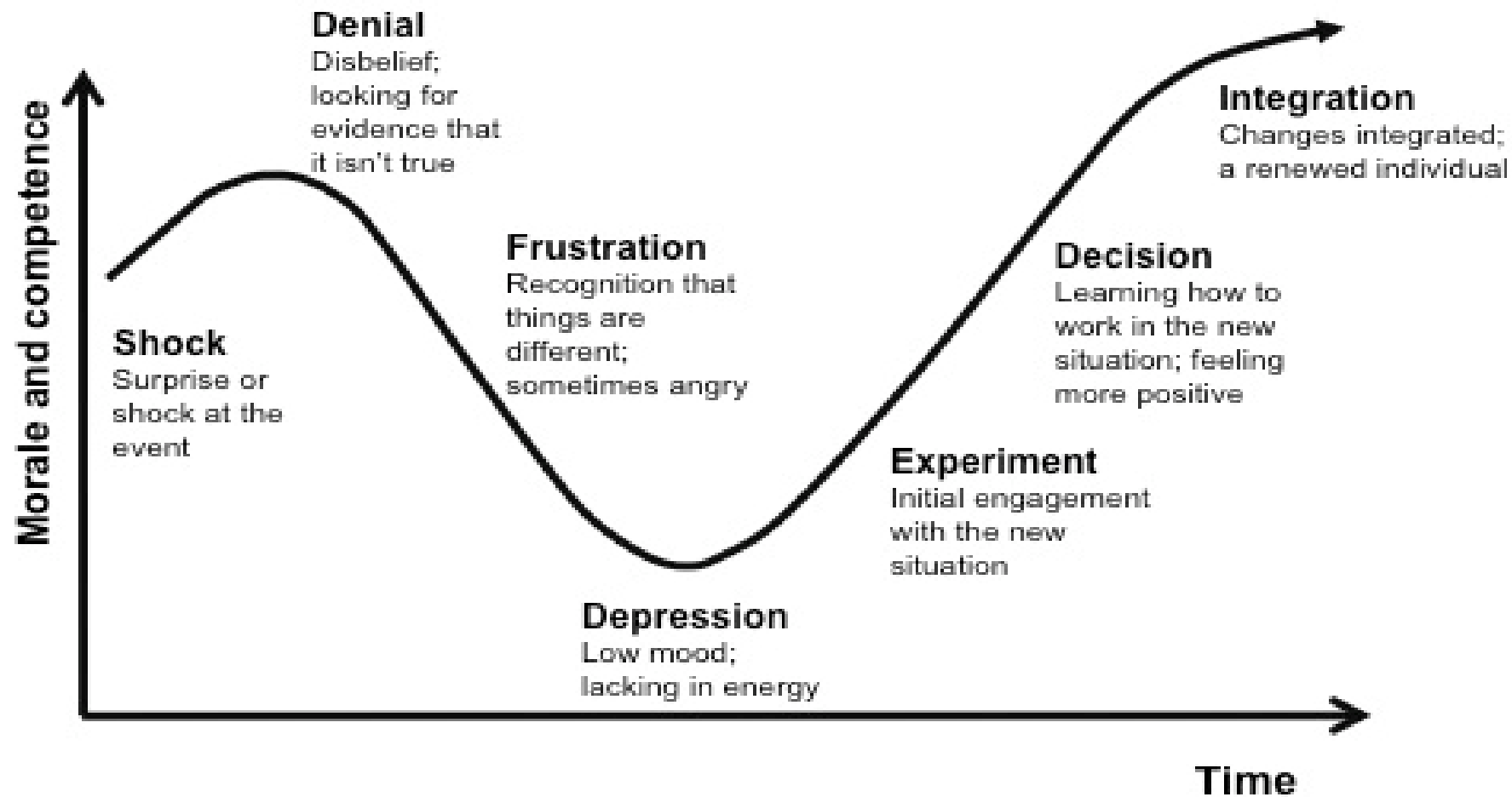
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Acceptance & Commitment Therapy (ACT) VALUES

Sort the values by dragging them and dropping them under the headings found below

Very Important	Important	Quite Important	Not So Important	
Pleasure	Dependability	Growth	Independence	Solitude
Loved	Purpose	Order	Wealth	Spirituality
Health	Hope	Achievement	Community	Duty
Fitness	Safety	Justice	Mastery	
Excitement	Friendship	Acceptance		
Humour	Inner Peace	Self-Control		
Freedom	Fun	Flexibility		
Adventure	Passion	Challenge		
Creativity	Monogamy	Nurture		
Intimacy		World Peace		

The Kübler-Ross change curve



Impact of COVID-19 overlay on top of change process

SYMPTOM EXACERBATION

OUTCOME

Additional things have been **lost**:

- Freedom
- Meaningful activity
- Physical fitness
- Cognitive activity and engagement
- Social contact
- Contact with family members

↑ Anger, frustration and low mood

↑ ? Denial

Sense of being **stuck**

- Can't move forward until settlement
- Financially
- Psychologically
- Physically

↓ Mood

↑ Frustration and anger

↑ ? Denial

World and other being **punitive, risky and dangerous**

↑ Anxiety

↑ Avoidance / Disengagement

Additional Considerations

- **Confusion**

 - ↓ Verbal comprehension and expression associated to brain injury

- **Difference and Vulnerability**

 - ↑ Awareness

 - ↑ Anxiety

 - ↑ Confusion – why am I on the list?

What can you do to help?

PRACTICAL

- Identification of need for extra support
- Identification of any support to be:
 - Flexible
 - Creative
 - Open-minded
 - Proactive
- Need for social stories to increase understanding of the new normal / the vaccine
- MCA (2005) Capacity to consent to vaccine?

EMOTIONAL

- Validation of delay / frustration
- Consideration of what this meant to the individual to guide what next
- Recognition of whether or not COVID-19 exacerbated existing anxieties and allowed the individual to avoid under restrictions
- Avoidance will have resulted in sense of safety – returning to the community and rehabilitation will likely result in increased anxiety