



COVID-19 and mental health at work

A series of five lunchtime Tuesday webinars

30 March – 18 May 2021, 12.00 – 1.00 pm

Format: virtual Zoom webinars

Anxiety

Tuesday 30 March 2021, 12.00-1.00pm

Lecturer Alan Dovey, chaired by Dr John Ballard

Reflects on the cognitive and behavioural processes of anxiety through lockdown and the role of the occupational health advisor now and in the future to guide recovery.

By attending this webinar, you will gain:

- An understanding of the process of anxiety and the influencing factors lockdown may have had on this condition, both negative and positive
- An opportunity to develop theoretical treatment plans using this knowledge and consider how to apply these in clinical consultations
- Guidance on supporting people at work and helping them return to work

Depression

Tuesday 20 April 2021, 12.00-1.00pm

Lecturer Alan Dovey, chaired by Dr John Ballard

Examines the cognitive and behavioural processes of depression through lockdown and the role of the occupational health advisor now and in the future to guide recovery.

By attending this webinar, you will gain:

- An understanding of the process of depression and the influencing factors lockdown may have had on this condition - both negative and positive
- An opportunity to develop theoretical treatment plans using this knowledge and consider how to apply these in clinical consultations
- Guidance on supporting people at work and helping them return to work

PTSD

Tuesday 27 April 2021, 12.00-1.00pm

Lecturer Paul Anthony, chaired by Dr John Ballard

Moral injury comes in the wake of high-stakes situations such as dealing with the COVID-19 pandemic, where individuals are unable to implement the skills necessary to go about their daily work. This can lead to symptoms including post trauma responses and complex PTSD (CPTSD). This seminar will focus on general PTSD and introduce complex PTSD (CPTSD) and the overlap with burnout. This will build on the content from the first two webinars.

By attending this webinar, you will gain:

- Comprehension of the effect of traumatic experiences and how PTSD or CPTSD can develop
- An understanding of the cognitive and behavioural factors that can maintain post trauma responses
- An opportunity to reflect on these processes and plan for your own well-being strategy as well as that of others
- Guidance on supporting people at work and helping them return to work

Coping Strategies

Tuesday 4 May 2021, 12.00-1.00pm

Lecturer Alan Dovey, chaired by Dr John Ballard

The general coping styles of individuals can vary dramatically but there are consistent themes that need to be focused on to promote resilience and health. This seminar will discuss these areas in depth and provide the “why” to help clients motivate themselves to improve these important areas of their lives.

By attending this webinar, you will gain:

- An understanding of the scientific benefits of focusing on specific coping behaviours
- Comprehension of the cognitive, behavioural, emotional and biological factors at play in various domains of their lives, such as sleep and energy
- An opportunity to reflect on these factors and to plan these factors into employees’ recovery plans

Health Anxiety at Work

Tuesday 18 May 2021, 12.00-1.00pm

Lecturer Alan Dovey, chaired by Dr John Ballard

Health anxiety is excessive concern that there may be a threat to your health, which triggers an anxiety (fight/flight) response. This seminar examines the symptoms of health anxiety, the maintenance factors and the implications for managing return to work – including during the pandemic.

By attending this webinar, you will gain:

- An understanding of health anxiety and the factors that influence it
- Strategies and techniques to implement to help the client recover
- Guidance on managing the return to work

About these events

These one hour Zoom webinars are chaired by Dr John Ballard, and include a detailed presentation, plus an extended Q&A to shorten the theory–practice gap – and enable you to start applying your learning in your work. Suggestions of further reading will be provided at the end of each webinar.

Event documentation This will be sent to you by PDF the day before the event.

CPD Self-certification schemes: 5 hours. (Additional CPD can be gained via our CPD scheme).

About our expert tutors

Alan Dovey MSc, RMN, DPSN, Dip Psych

Alan is a consultant cognitive behavioural psychotherapist for a number of organisations in the West Midlands, including the University of Birmingham, where he is also honorary clinical lecturer. Alan is a director at Working Minds UK.

Paul Anthony MSc, RMN, Cert Ed, PgD CBT, Pg Cert RM

Paul is a cognitive behavioural therapist and senior lecturer in mental health at Staffordshire University, specialising in cognitive behavioural therapy and EMDR training and supervision in the context of OH.

About the chair, Dr John Ballard FFOM(Hon) John has written and researched on OH and disability issues for 30 years, and edits *Occupational Health [at Work]*.

About the At Work Partnership We specialise in providing expert OH information and training.

Prices and booking: This webinar series costs £149 + VAT for all five events (for bookings by 28.2.21) or £189 + VAT for bookings after this date.

Please book online at www.atworkpartnership.co.uk