

After COVID-19: The New Self-Care Paradigm

Supporting Providers, Staff, Clients, and the Community in the “New Normal”

As people come back to work — whether online with clients or face-to-face — there are new layers to address as regards to the various methods of support usually offered. People are now often dealing with potential unemployment, fear of contracting the virus, or other consequences of the virus. As professionals start to work again, they need to have new systems and mindsets to address these concerns. This workshop focuses on teaching how to assist client and staff interactions in a healthy way and supports with tools, coping strategies, and other methodologies that can ease the challenges and help people ground during this “new normal.”

More About this Workshop

The content addresses the multifaceted impact of stress on the body, especially in the light of the current pandemic, and was designed to present practical information from a growing body of biomedical research on the physiology of the human stress-response. It uses language that is appropriate for non-scientifically oriented participants and presents a variety of skills that are commonly used in stress management.

These techniques have been demonstrated to produce a predictable and measurable impact on the neuroendocrine biology of human stress response and can be practiced in the workplace with minimal disruption.

Who is this Workshop Designed to Support?

In short, it’s for anyone who has a relationship with clients that requires an environment of trust and safety. Examples include workplace settings, office visits with clients, recovery programs, and anyone who interfaces with vulnerable communities. It’s also appropriate for churches and school settings.

Specific groups include those working with people who have HIV and other chronic illnesses, those dealing with side effects from medications, families with adopted kids who face somatic challenges, individuals with disabilities, those working in community justice, and other state client-focused programs.

Examples of How these Techniques Can Support You and Your Clients

Individuals face a number of challenges in this new paradigm, such as poor sleep, increased pain episodes, and personal challenges from unemployment to depression and anxiety. Clients need to feel a sense of trust and confidence in the individuals and communities that support them so they can move forward independently to meet their own goals. Workshop attendees have the opportunity to learn coping skills to help themselves, their families, and to pass on to their clients.

About the Presenter

Jacki Gethner, LMT and Certified Alcohol and Drug counselor (from 1998-2019) is a national/international health advocate, activist and educator. Since 1987, she has been sharing her massage and bodywork skills through her private practice and as an educator and workshop presenter. (www.jackigethner.com)