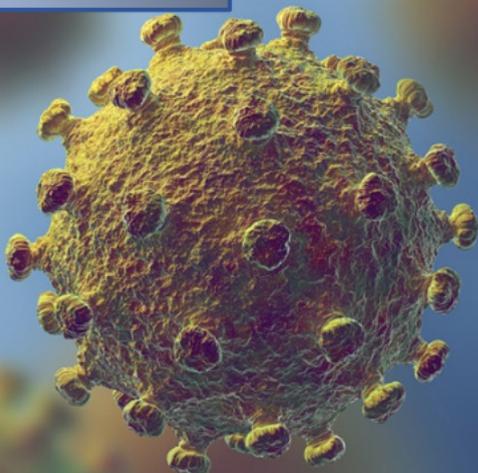


New Coronavirus

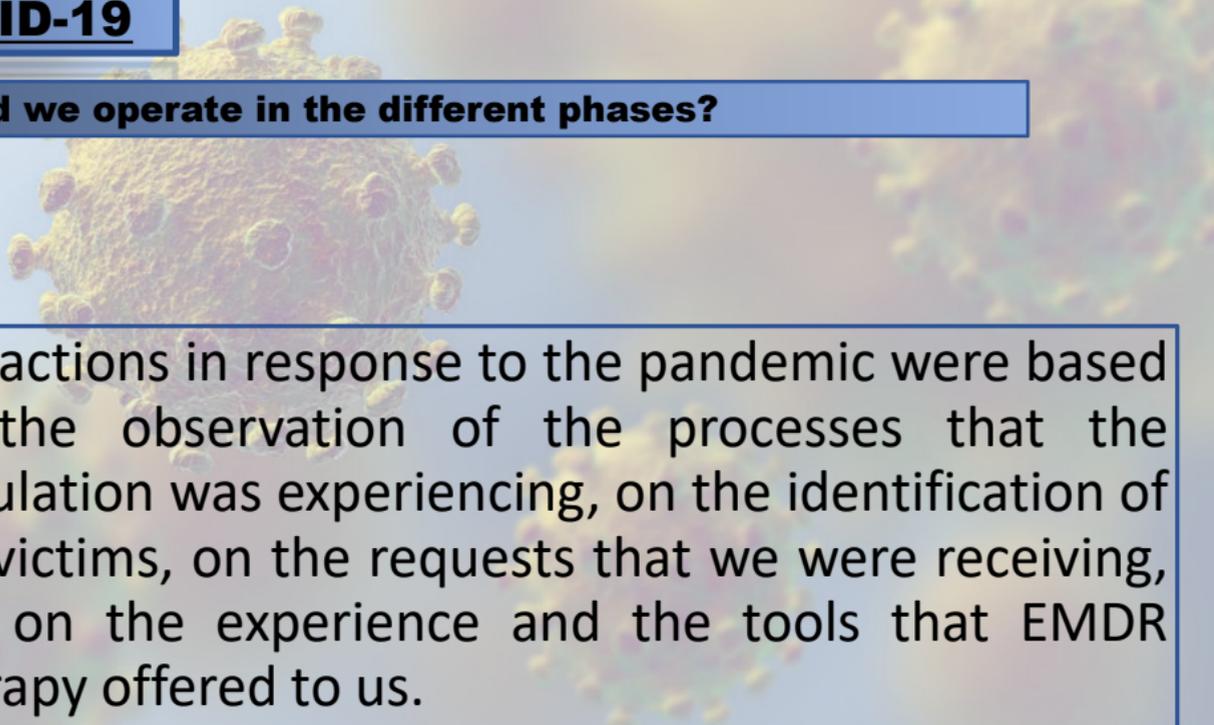


EMDR ITALY ASSOCIATION

**OUR CONTRIBUTION TO THE PSYCHOLOGICAL
ASPECTS OF THE PANDEMIC**



COVID-19



How did we operate in the different phases?

Our actions in response to the pandemic were based on the observation of the processes that the population was experiencing, on the identification of the victims, on the requests that we were receiving, and on the experience and the tools that EMDR Therapy offered to us.

Coronavirus Emergency – Phases and Processes...

- Denial and unbelief
- Vulnerability
- Isolation
- Threat
- Overwhelm
- Excessive rapidity of the changes
- Entrusting
- Adaptation
- Connection

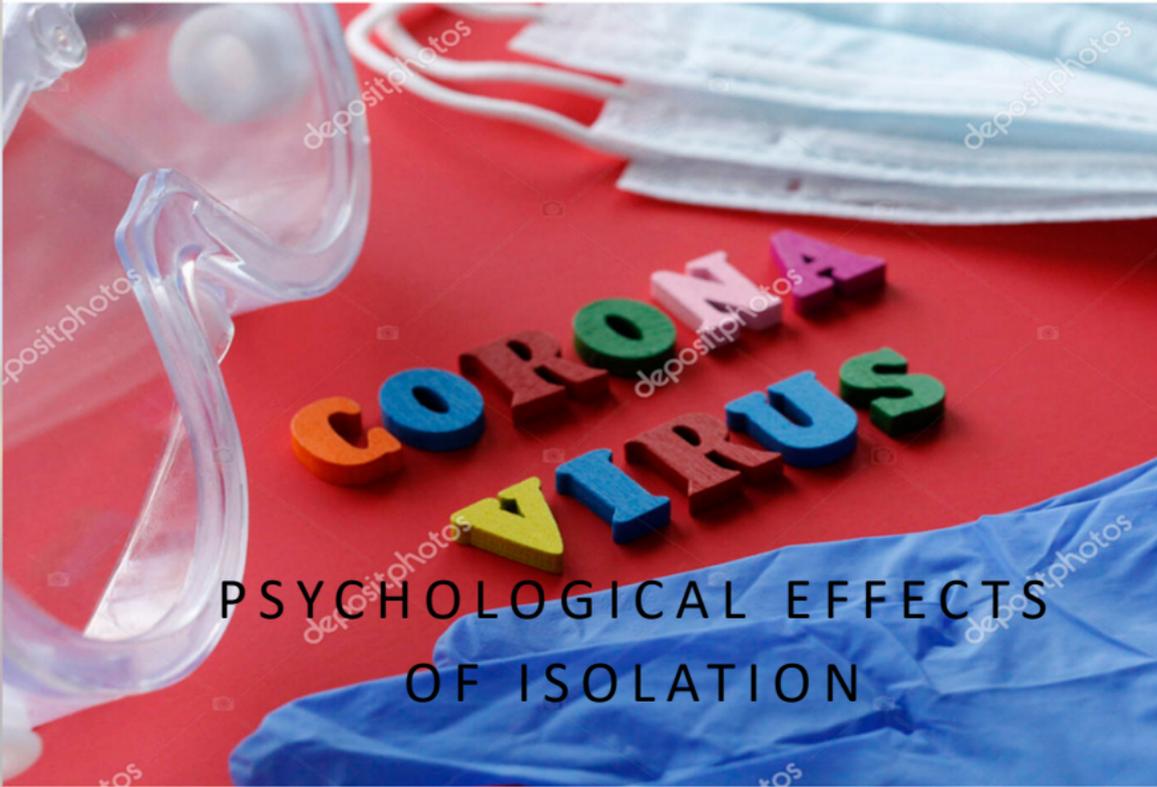
Emotions and Reactions



- Survival
- Restrictions
- Fear of getting infected
- Anger
- Panic
- Suffering
- Blame
- Rejection
- Impossibility to make plans and projects

The prolonged exposure to stressors during the pandemic can lead to long-term consequences within communities, families and vulnerable individuals:

- Deterioration of social networks, local dynamics and economies.
- Stigma towards surviving patients or frontline workers resulting in rejection by communities. It is necessary to undertake actions that reduce stigma and discrimination.
- Possible higher emotional state, anger and aggression against government and institutions.
- Possible anger and aggression against children, spouses, partners and family members (increase of family and intimate partner violence).
- Possible mistrust of information provided by government and other authorities.
- People with developing or existing mental health and substance use disorders experiencing relapses and other negative outcomes.



CORONAVIRUS

PSYCHOLOGICAL EFFECTS
OF ISOLATION

Complications



- Depression
- Avoidance
- Catastrophic thoughts – misinterpretations
- Complicated and unresolved grief
- Higher suicide risk

Loss at the following levels:

- relational
- professional
- financial

Health-care workers (nurses, doctors, ambulance drivers, lab technicians, etc.) are among the most exposed people and are subject to extreme stress and risk of burnout.

Without a specific and focused professional support, they risk psychological distress that can lead to full-blown psychological disorders.



It is necessary to PROTECT and SUPPORT mental health and wellbeing of frontline workers (doctors, nurses, volunteers...), helping them with mental health and social support interventions, both during and after the outbreak.

Mental health and psychosocial support interventions should be carried out within general health services (including primary health care) and should be organised also in other pre-existing structures in the community (community centres, senior centres...).

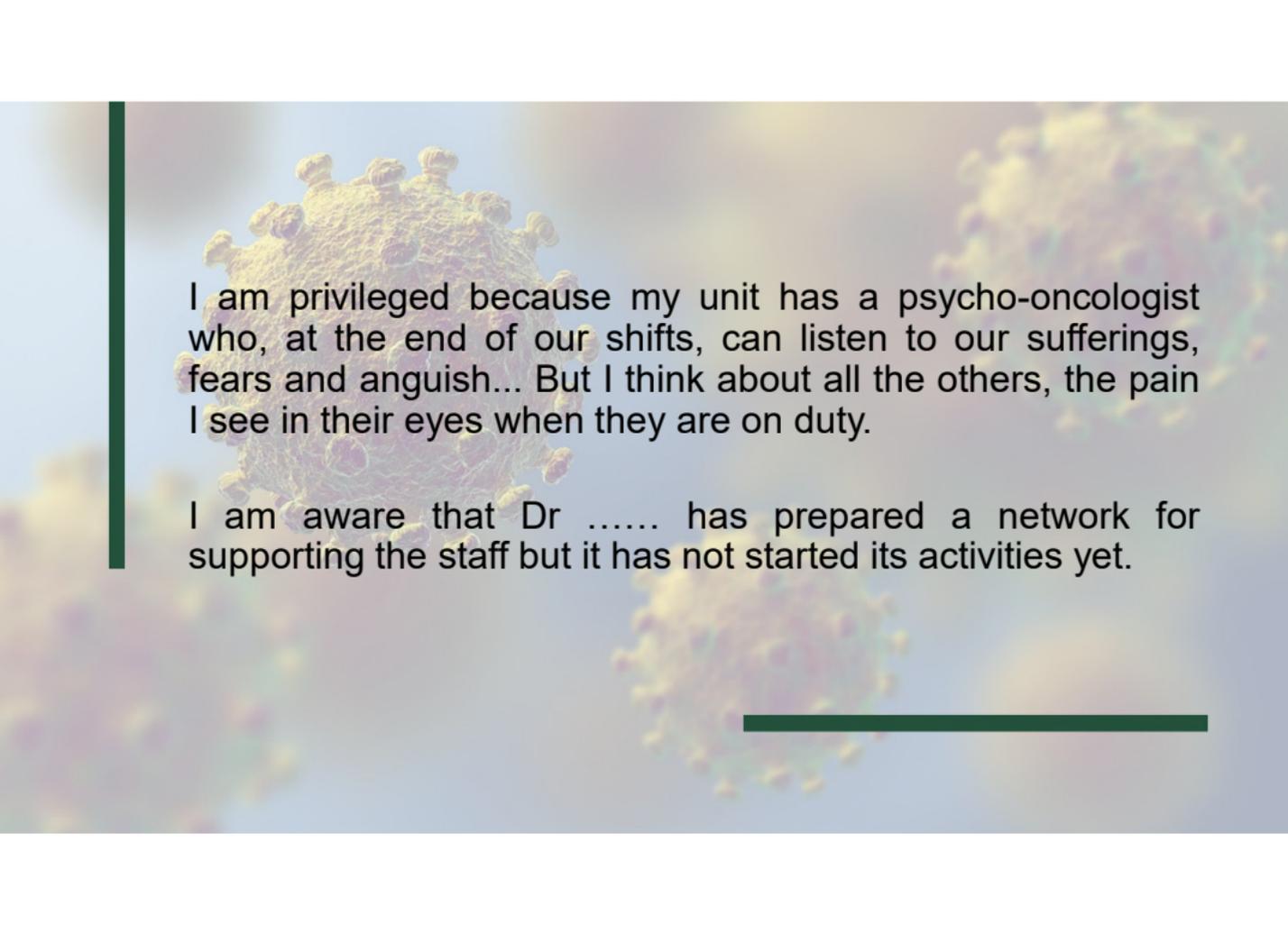




An oncologist's experience.....

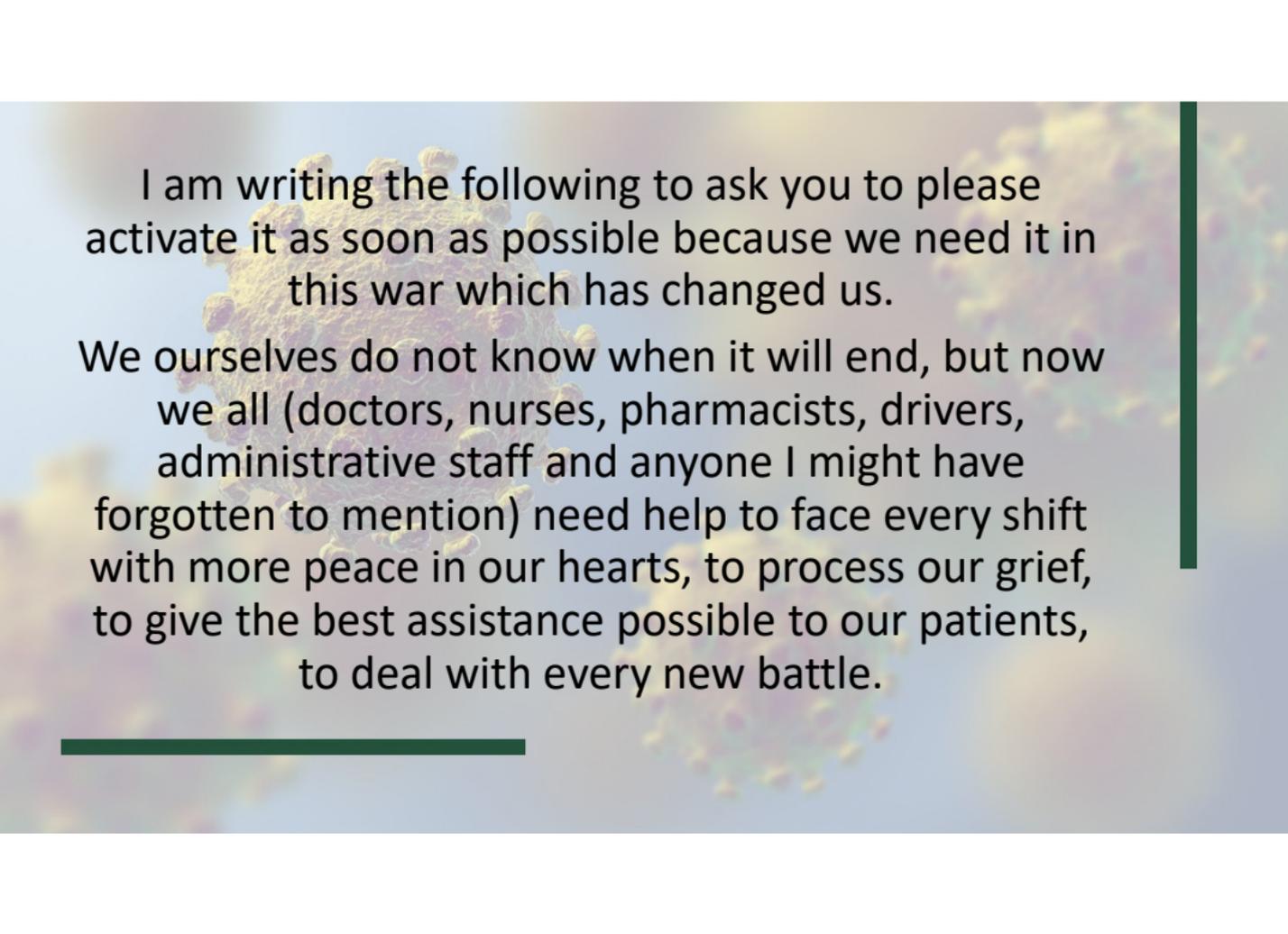
Since over a month, all our hospital staff has been involved in assisting patients suffering from COVID-19 interstitial pneumonia.

Nobody was prepared to deal with an illness for which there is no treatment yet, and the only thing you can do is to help fight an infection we know little about or help people who pass away not to suffer too much and not leave them alone.



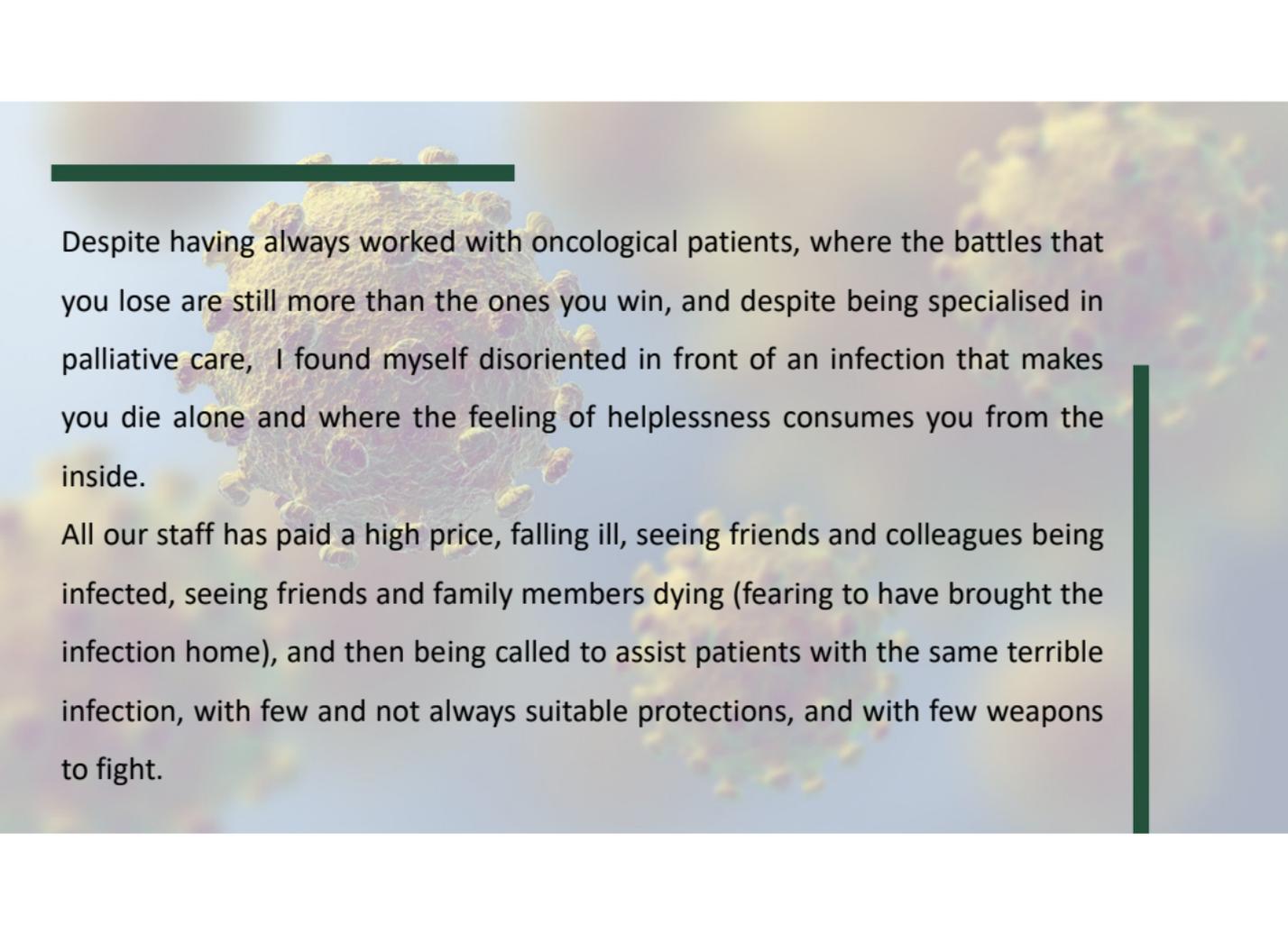
I am privileged because my unit has a psycho-oncologist who, at the end of our shifts, can listen to our sufferings, fears and anguish... But I think about all the others, the pain I see in their eyes when they are on duty.

I am aware that Dr has prepared a network for supporting the staff but it has not started its activities yet.



I am writing the following to ask you to please activate it as soon as possible because we need it in this war which has changed us.

We ourselves do not know when it will end, but now we all (doctors, nurses, pharmacists, drivers, administrative staff and anyone I might have forgotten to mention) need help to face every shift with more peace in our hearts, to process our grief, to give the best assistance possible to our patients, to deal with every new battle.



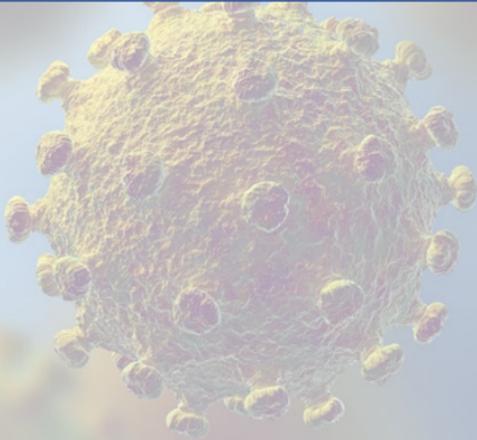
Despite having always worked with oncological patients, where the battles that you lose are still more than the ones you win, and despite being specialised in palliative care, I found myself disoriented in front of an infection that makes you die alone and where the feeling of helplessness consumes you from the inside.

All our staff has paid a high price, falling ill, seeing friends and colleagues being infected, seeing friends and family members dying (fearing to have brought the infection home), and then being called to assist patients with the same terrible infection, with few and not always suitable protections, and with few weapons to fight.

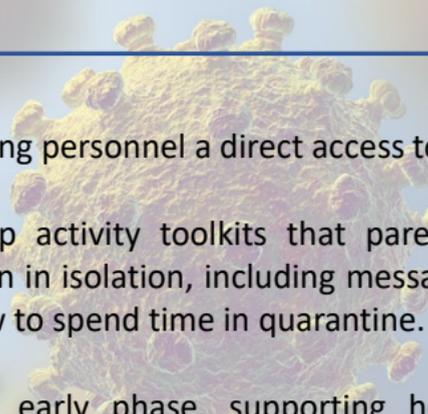
An Emergency Room nurse's experience....

- It is a hard work, not only for the kind of patient, but also for the incredible protective equipment that we have to wear all the time...For the depersonalisation that we experience. We do not recognise each other anymore, we do not interact with each other as before. Even at home, the kids are nervous, especially Laura. The other day we learned that one of her teachers had killed herself. She could not bear loneliness! We are getting also cases like these in ER, attempted suicides or psychiatric patients in relapse. The other aspect of coronavirus is that distance and absence of loved ones are hitting everyone.
- My safe place allows me to push away negative thoughts and focus on the good things I have and will have.

Covid-19

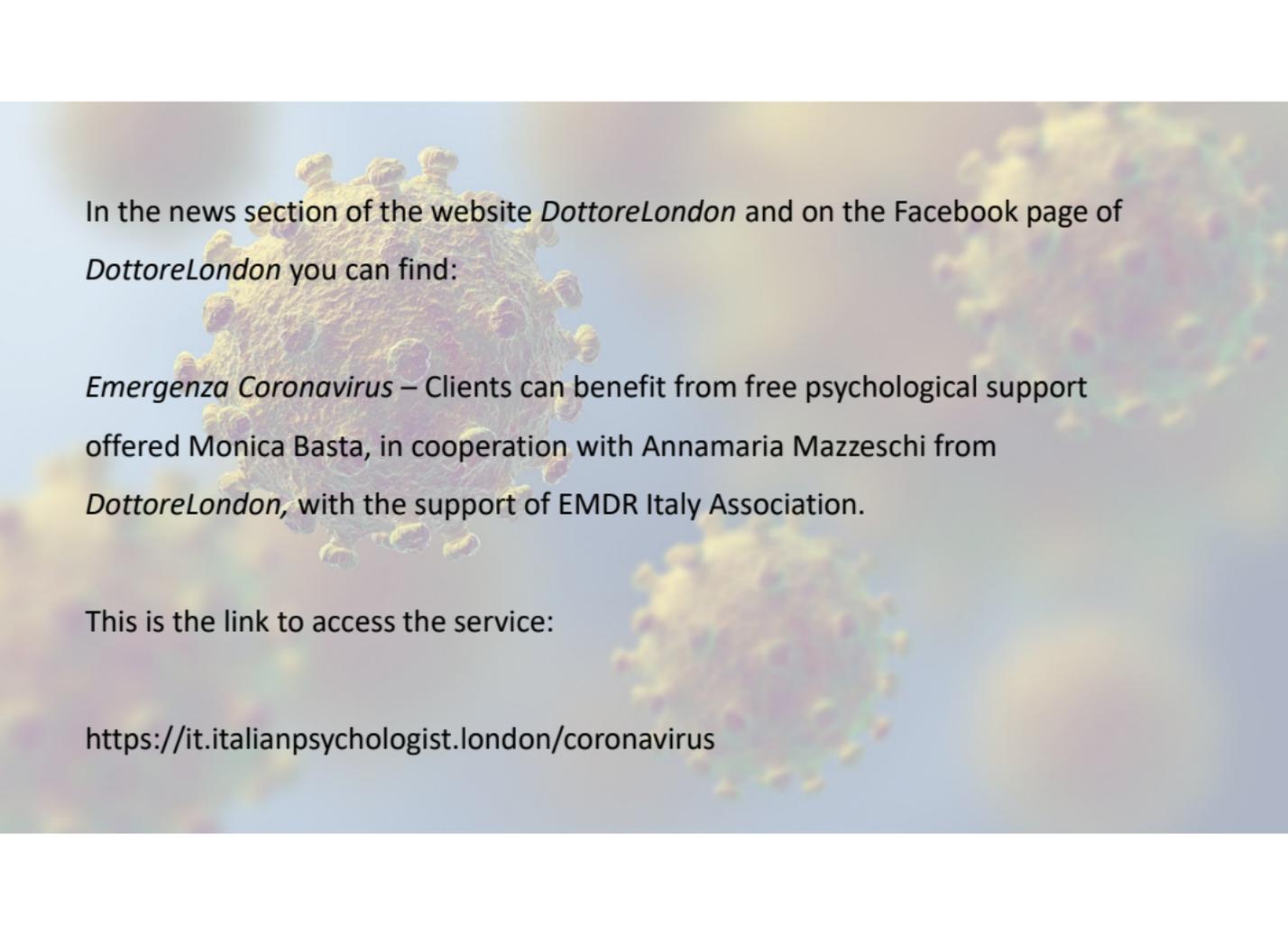


What was the response of EMDR
Italy?

- 
- Providing personnel a direct access to sources of psychosocial support.
 - Develop activity toolkits that parents, teachers and families can use with their children in isolation, including messages on preventing the spread of the disease and on how to spend time in quarantine.
 - In the early phase, supporting health authorities to establish sustainable and community-based mental health and psychosocial services.

Members' initiatives

- Using channels for mental health service in partnership with EMDR Italy Association
- Using channels with Municipalities that made a formal request to the Association
- Organise autonomous and local support services through their own contacts.
- Therapists from all over Italy help some Regions that were on most need
- Therapists from the Association support therapists working within the health services
- Networks of Italians in the UK (London) and Spain

The background of the slide features a soft-focus image of several coronavirus particles. These particles are spherical with a textured, bumpy surface and are covered in small, protruding spikes, characteristic of the SARS-CoV-2 virus. The particles are rendered in shades of light blue, green, and yellow, set against a pale, hazy background.

In the news section of the website *DottoreLondon* and on the Facebook page of *DottoreLondon* you can find:

Emergenza Coronavirus – Clients can benefit from free psychological support offered Monica Basta, in cooperation with Annamaria Mazzeschi from *DottoreLondon*, with the support of EMDR Italy Association.

This is the link to access the service:

<https://it.italianpsychologist.london/coronavirus>

Requests to EMDR Italy Association - 177

- 26 Hospitals
- 46 Municipalities (big cities and towns)
- 5 Regional/State Health Services of the Northern Italy
- 7 Local Health Authorities (ASL)
- 11 Local Health Authorities (ASST)
- 17 Senior citizens home
- 4 Regional/State Psychological Associations
- 1 Midwives Association
- Network of jails administration of Northern Italy
- Costa Cruises and other companies
- Ministry of Education
- 46 different associations and NGOs
- 9 independent groups of EMDR clinicians



**COMUNE DI
FAGNANO OLONA**



Ministero della Giustizia
Dipartimento dell'Amministrazione Penitenziaria
Proveditorato Regionale per la Lombardia

Comune di San Vito dei Normanni



Sistema Socio Sanitario



ATS Insubria



Comune di Rocchetta Palafea

Sistema Socio Sanitario



ATS Val Padana



COMUNE DI VOGHERA
Provincia di Pavia



agliè



COMUNE DI ACQUI TERME



COMUNE DI MONTABONE
PROVINCIA DI ASTI



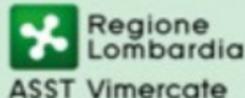
Comune di
Calderara di Reno



Comune di
Nembro



COMUNE DI SAN GIORGIO IN BOSCO



Comune di Ameno



Segreteria Provinciale di Potenza

177 interventions – How come?

- . Exposed population
- . Quarantine and separation from reality
- . Institutions that want to give support to the population
- . Trained members with skills that can make the difference
- . The duration of the emergency and the sense of helplessness of the institutions
- . Creativity (tablets to communicate with family members, operators, etc.)

Date: Wed 02 Apr 2020 at 11:52

Subject: EMDR Association - ACTIVITIES IN LOMBARDY

Dear President Fernandez,

We are fighting a difficult battle and the effort that Lombardy Region and all its citizen are making is really extraordinary.

We are all trying to do our best without ever leaving anything untried.

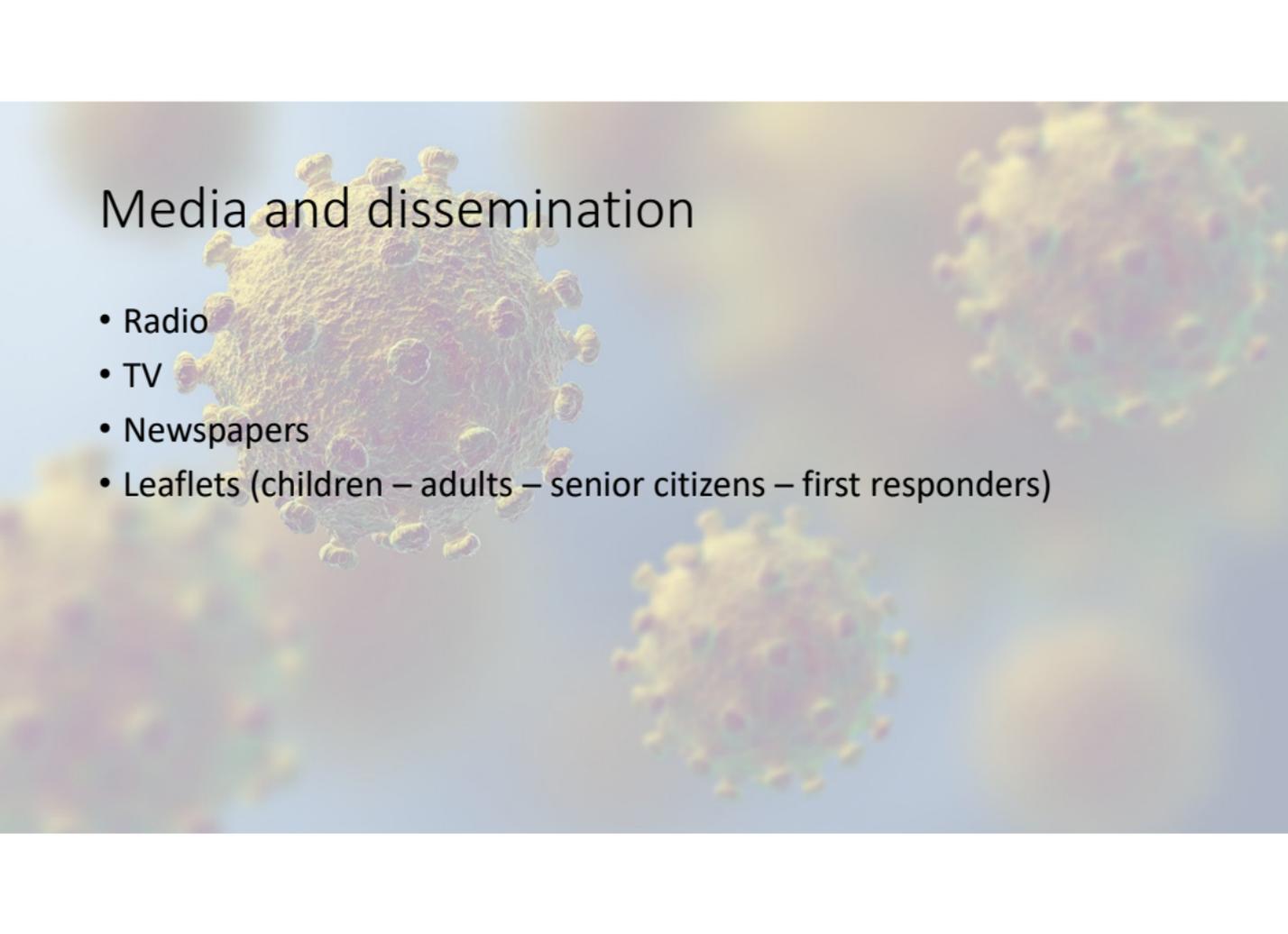
I would like to express my gratitude, on behalf of all the people in Lombardy, to EMDR Italy Association for the effective collaboration and the commitment that continues to offer in such a difficult moment for our Country.

We will come out of this battle and we will win it, all of us together.

Warm regards,

Giulio Gallera

Media and dissemination



- Radio
- TV
- Newspapers
- Leaflets (children – adults – senior citizens – first responders)



Coordination team of the Association

Micaela Barnato

Elisa Faretta

Giada Maslovaric

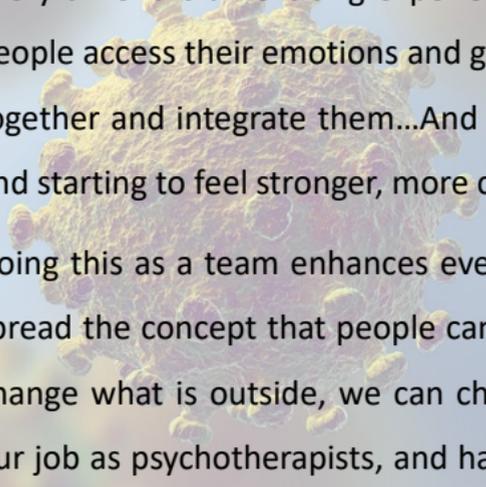
Caterina Paturzo

Biancaluna Renzoni

Stefania Sacchezin

- 
- Everyone responds with their own history and resources...?
 - Make people feel safe through support
 - Support the use of official channels of information
 - Legitimize the emotional responses
 - Promote resilience
 - Highlight what we can do
 - Focus on the here and now

- 
- New sense of community
 - Contribution of EMDR Therapy
 - Therapists' contribution to reach everyone

- 
- Every time it is an exciting experience to accompany the process through which people access their emotions and go back to their experience to put all the pieces together and integrate them...And then see them leaving the experience behind and starting to feel stronger, more competent, more calm and free...
 - Doing this as a team enhances even more the possibility of using resources and spread the concept that people can be helped no matter what, that if we cannot change what is outside, we can change what is inside us...This has always been our job as psychotherapists, and having a network that sends this message is the best way to reach people, groups, communities and institutions.
 - ***This is what is happening.....***



«#everythingisgoingtobefine»

«andrà tutto bene»