



*The Delaware Psychological Association
presents:*

Group Therapy with Clients with Long COVID

***Monday, September 18th, 12:00-1:00PM
Free Virtual Event (Zoom)***

***Presented Julia Centrella, Psy.D.
1 CE Credit***

PROGRAM DESCRIPTION

COVID-19 has now been a part of our lives for over three years. For many people who have had the illness, symptoms have come and gone, allowing them to return to their normal routines. However, for some people who contract COVID-19, symptoms persist and may change over time resulting in significantly impacted functioning. Living with the chronic illness known as Long COVID can be daunting, frustrating, and anxiety-provoking. Much is still unknown about the causes and most effective treatments of Long COVID. One form of treatment that is proving beneficial for those diagnosed with Long COVID is group therapy, which allows for the sharing of emotions and ideas as well as the opportunity to give and receive support from others with similar experiences that are not always well-understood by those who do not live with the illness. Through the development of group therapeutic relationships, participants have the opportunity to grow, change their mindsets, accept what they cannot control, better direct their energy toward what they can control, and move forward with their lives.

WORKSHOP OBJECTIVES

At the completion of this workshop, you will be able to:

1. Identify the most common physical and emotional symptoms of Long COVID and their impact on clients' lives.
2. Identify the specific advantages of group therapy versus individual therapy when it comes to treating psychological impacts of having a chronic illness.
3. List the three coping paradigms identified by Folkman and Greer and describe how their role in the group therapy setting.

TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high-quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive, and competent services to our community.

Register at depsych.org

PLEASE TAKE NOTE...

“Group Therapy with Clients with Long COVID,” 1 CE credit, is sponsored by the Delaware Psychological Association. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

Social workers, marriage and family therapists, and professional counselors can receive continuing education from continuing education providers approved by APA. Because DPA is approved by APA to sponsor continuing education, licensed social workers, licensed clinical social workers, licensed marriage and family therapists, and licensed professional counselors will be able to fulfill their continuing education requirement by attending DPA continuing education programs.

For further information, please visit the State Board of Social Workers, Marriage and Family Therapists and Professional Counselors (<https://dpr.delaware.gov>).

As an APA-approved sponsor of continuing education, DPA is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness. No conflicts of interest or commercial support have been identified for this workshop.

REGISTRATION

Please register online at depsych.org. If you have registration questions, please email delpsychology@gmail.com or call us at 302-475-1574.

Registration Fees

Attendees Joining the Live Webinar: FREE

(This workshop will be recorded and available 2 weeks after the workshop’s conclusion).

Register at depsych.org

ABOUT THE PRESENTER

Julia Centrella, Psy.D. is a clinical psychologist and Behavioral Health Consultant at ChristianaCare, where she provides virtual group and individual therapy to clients with a variety of diagnoses, including Long COVID. She is actively involved in ChristianaCare's COVID Recovery Clinic, a multidisciplinary team that works together to treat clients collaboratively and comprehensively. She is a member of the ChristianaCare Speaker's Bureau. Dr. Centrella works with clients of all ages, specializing in working with children and adolescents in the private practice setting at LifeStance Health. She also consults with a Whole Leader, an organization that supports those in leadership positions in honing their skills and reaching their potential.

Julia Centrella, Psy.D.



IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE 1 CONTINUING EDUCATION CREDIT. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR DEPARTING BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT.

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