

Behind The Mask:

Caring for our mental health
in times of a pandemic



Bringing Hope to those whose job it is to bring hope to others

Topics:

→ Stress, grief, burnout, traumatic stress, compassion fatigue, post-traumatic stress, anxiety and depression, resilience and post traumatic growth.

Description: Our world has changed dramatically and brought very real symptoms and reactions for everyone. We struggle with a sense of isolation yet we have a desire to belong. We used to be masterful with our time and skills. Yet now, we question our adequacy. We feel powerless. We feel disconnected to others, our work and even to our own needs. People are struggling with mental health challenges, no matter what your professional role may be. For those on the front-line of COVID-19 Pandemic response, additional mental health struggles may include fear, anxiety, moral injury and compassion fatigue.

In this workshop, learn the signs and symptoms of: stress, grief, burnout, traumatic stress, compassion fatigue, post-traumatic stress, anxiety and depression. We will learn how COVID-19 stressors of the pandemic can influence each of these mental health topics and the unique factors that living in a pandemic bring upon us. Further, this workshop ends with a model of resilience, how to grow towards post-traumatic growth and regain our hope for the future.

Joddie Walker, MSc, RP, CTTS Certified Trauma Specialist



Joddie holds a Masters of Science in Forensic Psychology and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, and a Certified Trauma Specialist from National Institute for Trauma and Loss in Children. She holds Diplomate status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie has over 25 years of experience working victims of violence and first responder's traumatic stress.

Additional experience includes interventions with first responders as part of two critical incident stress teams and also attended New York City twice, post 9/11 terrorist attacks. In addition to Joddie's clinical practice, she has facilitated the development of programs and trainings throughout the USA and Canada on topics such as line of duty death, victimology

issues, secondary traumatic stress and how to support the non offending parent in child abuse investigations.

Currently, Joddie is a Registered Psychotherapist in Ontario, Canada, providing evidenced-based and trauma-informed practice. Joddie is trained in TF-CBT, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and Structured Intervention Trauma-Child

and Adolescent (SIT-CAP). She specializes in trauma assessment and treatment, grief and loss, stress and anxiety issues for children, adolescents and adults. Additional areas of expertise include a sub-specialty with first responders and their families, and other professionals who are in the helping profession who may be experiencing PTSD or secondary traumatic stress.

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