

Psychologists Matter: Tending to the Person of the Therapist in Uncertain Times

Brief Summary:

A safe and supportive online video conference community of peers for Psychologists wanting a space to debrief and be supported by other Psychologists as we help the public with the impact of COVID-19 while also dealing with it ourselves.

Detailed Summary:

Psychologists are there to help and support people with difficult and painful experiences. Psychologists are not, however, immune from experiencing the pain, suffering and anxiety that comes with the human experience. At this unprecedented time this has never been more so, as Psychologists struggle to deal with the effects of COVID-19 on their personal lives and practices, while also supporting and helping clients with the same. This group is a warm and gentle invitation for Psychologists to step into self-care through self-awareness and connection with others as a means to cleanse the tool that is the person of the therapist. Brew a cup of coffee or tea, or pour yourself a glass of wine, settle in and gather online by video conference with your colleagues to explore and tend to the ways that our personal and the professional parts may or may not intersect or overlap during these uncertain times.

There is nothing for you to do or to learn. You are invited to just be with all that is right now in a supportive and safe online space.

Cost: Nothing

Length: 1.5 hours

Location: Online by video conference using Zoom

Dates and Times: **Wednesday, April 1st, 2020 from 7:30-9pm & Saturday, April 4th, 2020 from 7:30-9pm** (more dates/ times may be added in response to need/ demand; participants can register for one or more dates/times).

Maximum participants: 10

To register: Please go

to <https://us04web.zoom.us/meeting/register/vpQodeuugTotjW1GEQ0e9GmASXUzXN3ISQ>

Questions?: Please email Dr. Easter Yassa at eyassa@imatter2.com

Facilitator: Dr. Easter Yassa, Registered Psychologist, loves working with and supporting Psychologists and the ripples they create with their work. Dr. Yassa is a Certified Compassion Fatigue Specialist and completed her training through the Traumatology Institute. She has also completed additional training in Advanced Clinical Supervision in Psychology, Expressive Arts Therapy, EMDR, DBT, and Clinical Hypnosis, among other treatment approaches, and she is currently completing specialized training in Existential Analysis. Dr. Yassa sees adults, seniors and couples in her private practice virtually and in her Cochrane, AB office location and helps with compassion fatigue, burnout, vicarious trauma, self-care, anxiety, self-doubt, self-esteem, infertility, adult children of narcissistic parents, and partners of individuals dealing with addiction, among other therapeutic concerns. You can contact her through her website at imatter2.com.