Thursday April 30th 9:30 am – 10:30 am

Topic: Understanding and managing our reaction to COVID-19: Part I

Target Audience: SHP Faculty, Staff and Students

The recent events surrounding the COVID-19 pandemic has impacted the Rutgers University-SHP community in unanticipated ways. This webinar will provide Rutgers SHP faculty, staff and students with a brief overview of how the body reacts to unmitigated stress and trauma related to Covid19. In this webinar we will introduce two strategies proven to reduce anxiety, distress, and hyperarousal. This session is facilitated by Amy Banko, Giovanna Giacobbe, Brittany Stone - faculty members of the SHP Department of Psychiatric Rehabilitation and Counseling Professions.

Registration Link ***[after you register for this event you will receive a Zoom link]***

<https://www.eventbrite.com/e/self-care-during-covid-19-tickets-103185701210>

Thursday May 7th 9:30 am -10:30 am

Topic: Understanding and managing our reaction to COVID-19: Part II

Target Audience: SHP Faculty, Staff and Students

The recent events surrounding the COVID-19 pandemic has impacted the Rutgers University-SHP community in unanticipated ways. This webinar will build upon part I by providing Rutgers SHP faculty, staff and students with additional strategies proven to reduce anxiety, distress, and hyperarousal. This session is facilitated by Amy Banko, Giovanna Giacobbe and Brittany Stone - faculty members of the SHP Department of Psychiatric Rehabilitation and Counseling Professions.

Registration Link ***[after you register for this event you will receive a Zoom link]***

<https://www.eventbrite.com/e/self-care-during-covid-19-tickets-103187147536>

Title: Faculty Strategies for Supporting Students During COVID-19

Target audience: SHP Faculty

Date: Friday May 1st 12:00-1:00 p.m.

This session is designed to offer strategies to faculty to enable them to support their students during this challenging time.  Topics will include best practices in the current teaching environment, an overview of student responses to the pandemic and related stressors, and tips on how to support students from a distance.  We will also share ideas about self-care for faculty and offer opportunities for discussion. This session is facilitated by Ken Kinter, Dawn Reinhardt-Wood and Michelle Zechner - faculty members of the SHP Department of Psychiatric Rehabilitation and Counseling Professions.

Registration Link ***[after you register for this event you will receive a Zoom link]***

<https://www.eventbrite.com/e/faculty-strategies-for-supporting-students-during-covid-19-tickets-103187839606>