

Post Covid: Getting Back to Life

And the train keeps rollin'

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**“You are imperfect. Your knowledge is never
complete...
Yet you must act.”**

Atul Gawande, American Surgeon and Writer



THUMBMAN
TRYs
TO FIND
THE WAY



Trauma Defined(PTSD)

Author: Lagoy

- Trauma is seeing the world as a dangerous place

4 Signs of Trauma from Covid

1. Fear of dying
2. Social Isolation(quarantine/hospitalization)
3. Anxiety at thought of getting sick
4. Guilt over infecting or harming others

What are the risks of untreated trauma?

Risk of untreated trauma

- 1.decreased physical health
- 2.higher risk of suicide/self harm
- 3.greater risk of substance abuse

What are some psychological reactions toward Covid-19?

Psychological Reactions

Feelings of fear, anger, sadness, worry, numbness or frustration

Changes in appetite, energy, and activity levels

Difficulty concentrating and making decisions

Difficulty sleeping or nightmares

Physical reactions such as headaches, body pain, stomach issues and skin rashes

Worsening or chronic health problems

Increase use of alcohol, tobacco, or other drugs

Some methods to help our clients

Techniques, Methods, and Technologies

Quick Trauma Techniques

This part, I have linked to various demonstrations of treatment. These are demonstrations for your learning only.

Thought Field Therapy, Energy Psychology, Tapping

<https://youtu.be/YtYPajwhkRA>

Expressive Therapy

<https://youtu.be/kZdjnohriOI>

V-K Dissociation (NLP Technique)

<https://youtu.be/2AhXvR1jYhk>

Treating Trauma NLP

<https://youtu.be/06fFW3DocBA>

EMDR

<https://youtu.be/M2ra8p4MSOk>

Emotional Freedom Technique

<https://youtu.be/eFtVrDS9xrY>

Havening Technique

<https://youtu.be/Qtz-sye89ec>

CONTACT NICK [click here](#)

Videos
Go to
nicks counseling.com
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Books About Trauma

These books I'm familiar with and they will give you a good start.

1. Quick Steps to Resolving Trauma

by Bill O'Hanlon

2. Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology

By Fred Gallo and Anthony Robbins

3. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

by Sean Pratt, Bessel A. van der Kolk, et al.

4. The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science

by Norman Doidge, Jim Bond, et al.

**For Books on Trauma
Go to
nicksocounseling.com
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Nick's Help

Just contact me through the
website: nicksounseling.com