



THERAPY HARLEY STREET
Psychotherapy, Counselling and Well-being

WORKING
THROUGH
COVID-19 TIMES
FROM FEAR TO INSIGHT

Reflective workshop with
Bárbara Godoy



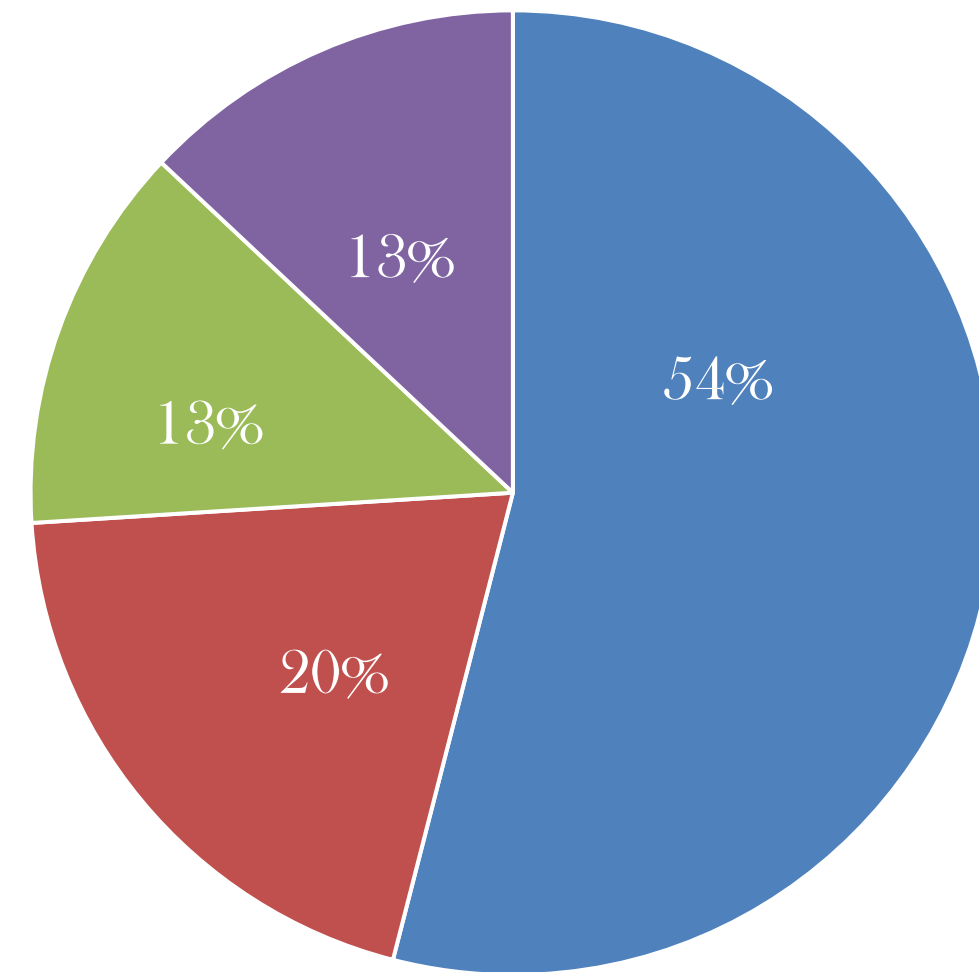
Saturday 20 June
Morning



Group results

Academic and Professional backgrounds

Saturday 20 June
Morning



■ Counselling degree ■ Psychotherapist ■ Psychologist ■ Other*

N:15

*Other: Social Worker, Philosophy and Religious History degree

What are the expectations about the course?

Saturday 20 June
Morning

Adapting Professional Practice

Be trained in existential therapy

Reflex about how the work has changed

Be enlightened and trained

Get new skills

Learning from Pandemic

Explore the impact of Covid-19 on how we practice

Get insights on working with clients on their fears and existential angst

Manage the slowdown of economic activity caused by the coronavirus lockdown

Understand the development of the current situation

Group Support

Spend time with other professionals and interact with them

Hear and learn from the experience of others

Connect with other therapists

Learn from others and contribute from my experience

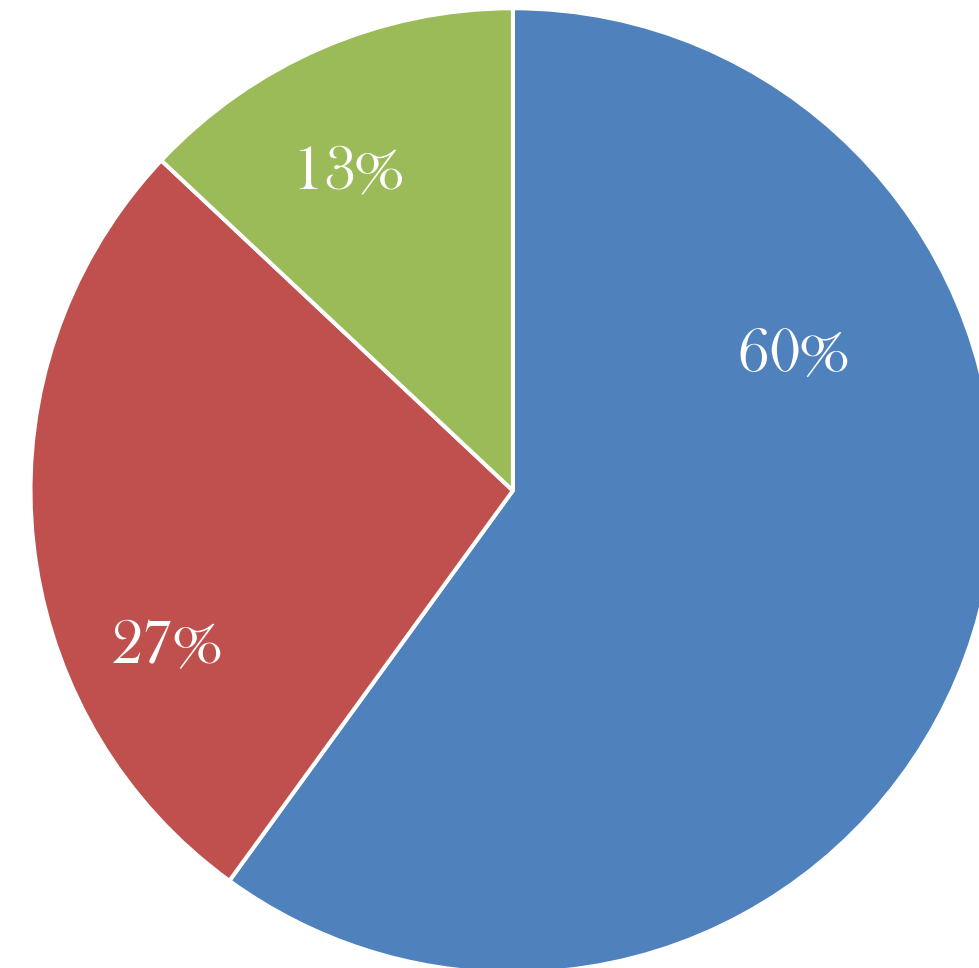
Saturday 20 June
Afternoon



Group results

Academic and Professional backgrounds

Saturday 20 June
Afternoon



■ Counselling degree ■ Psychotherapist ■ Psychologist

N:15

What are the expectations about the course?

Saturday 20 June
Afternoon

Adapting Professional Practice

Professional curiosity

Get the sense of how to adapted the practice

Explore an alternative perspective of wellbeing during this pandemic

Have strong existential leanings

Learning from Pandemic

Understand the affect Covid 19

Think about the present reality in the world and the UK

Reflect on current situation

Understand further how pandemic impacted us as a profession

Wellbeing

Increase strength regarding managing the unknown

Deal with the effect Covid is having on MYSELF psychologically

Find how I can support myself to keep well during these times

Top up on my confidence in my work

Group Support

Have the opportunity to connect with like minded professionals

Open to see what will be offered

Hear how other people are managing their practise

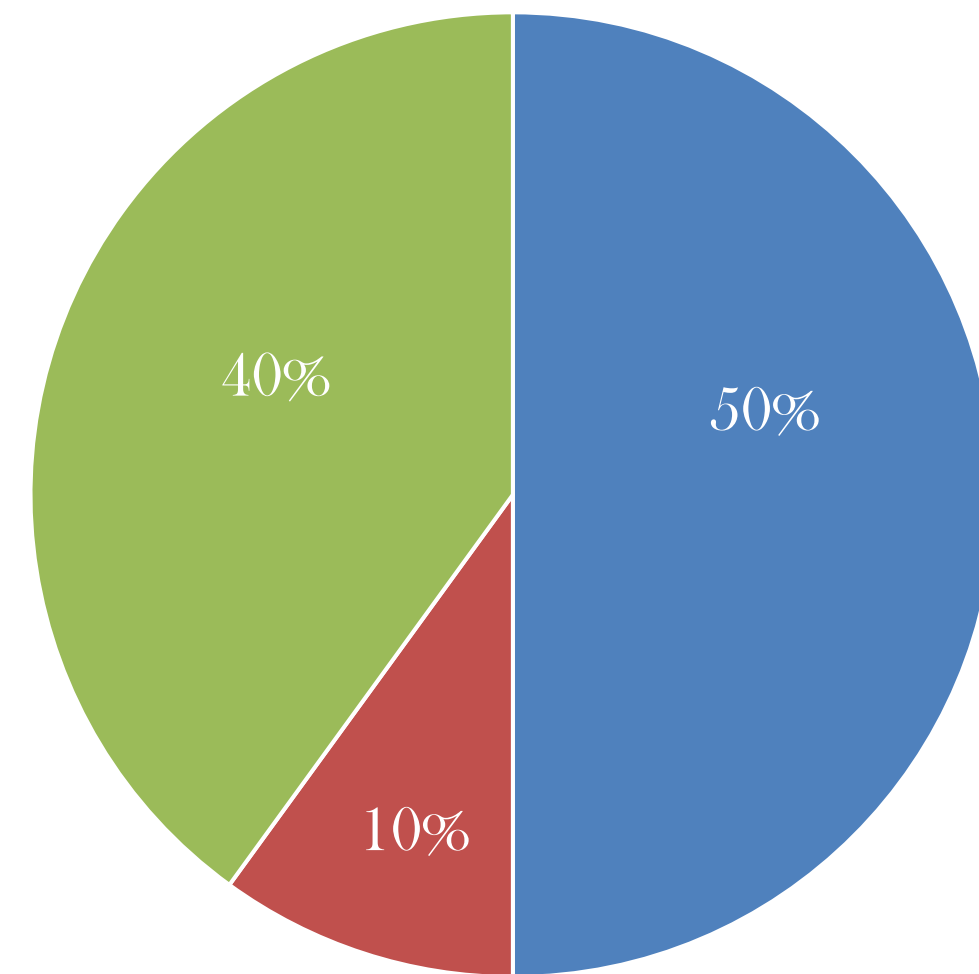
Sunday 21 June
Morning



Group results

Academic and Professional backgrounds

Sunday 21 June
Morning



■ Counselling degree

■ Psychotherapist

■ Other*

N:10

* Other: Philosopher, Social Work diploma, Political Science degree, Physiotherapist

What are the expectations about the course?

Sunday 21 June
Morning

Adapting Professional Practice

Gain more knowledge

Explore different perspectives

Learn various ways of working safely with client

Learn new techniques

Face the challenge of switching from working face to face to working remotely

Learning from Pandemic

Have a space to consider this significant period in our lives

Be more comfortably with the worry and stress of COVID

Be enable to support clients during these challenging

Wellbeing

Gain some insight

Personal growth

Get some self preservation skills

Group Support

No expectations

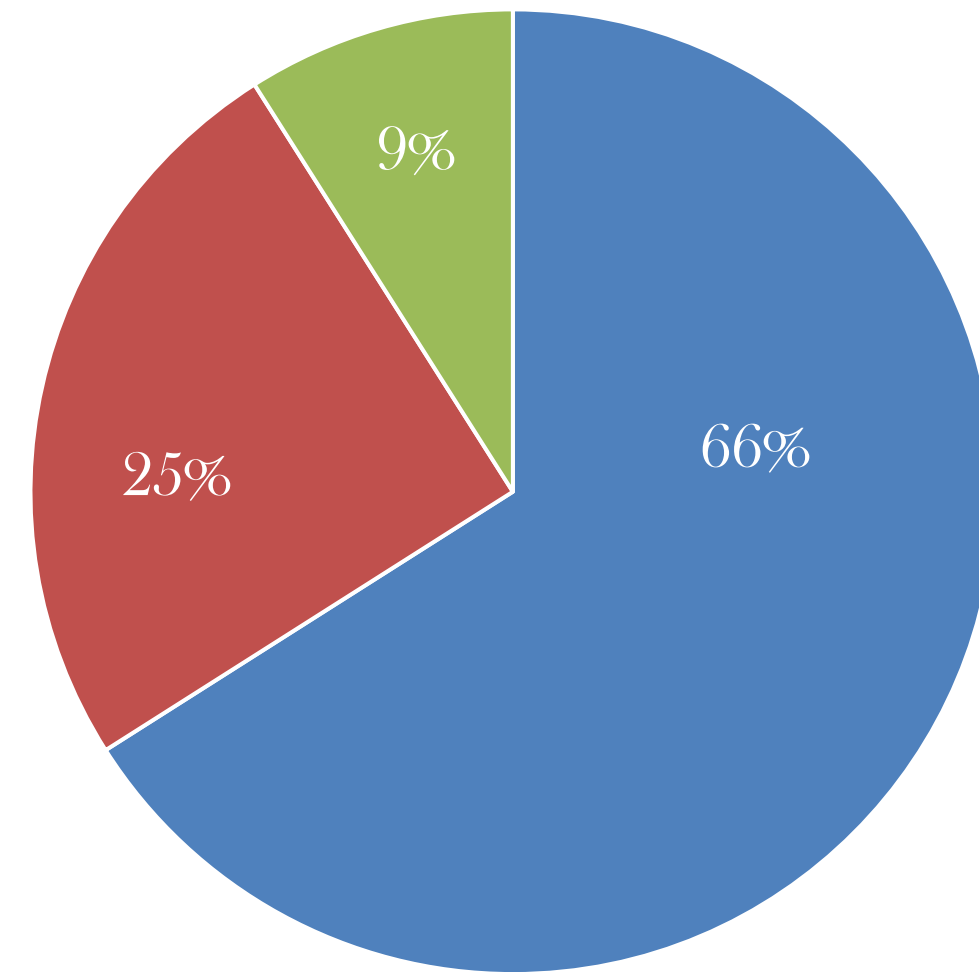
Sunday 21 June
Afternoon



Group results

Academic and Professional backgrounds

Sunday 21 June
Afternoon



■ Counselling degree

■ Psychotherapist

■ Psychologist

N:12

What are the expectations about the course?

Sunday 21 June
Afternoon

Adapting Professional Practice

Get some guidelines and guidance on working
Heighten awareness of what the situation brings to mental health
Learn new ways to help clients

Learning for Pandemic

Understand how to work during this crisis
Navigate through these unprecedented times
Reflect on experiences

Wellbeing

Gain insight
Get Support
Look at self care
Manage Therapeutic burnout

Group Support

Realise that we are in this together
Share with other therapists the experience

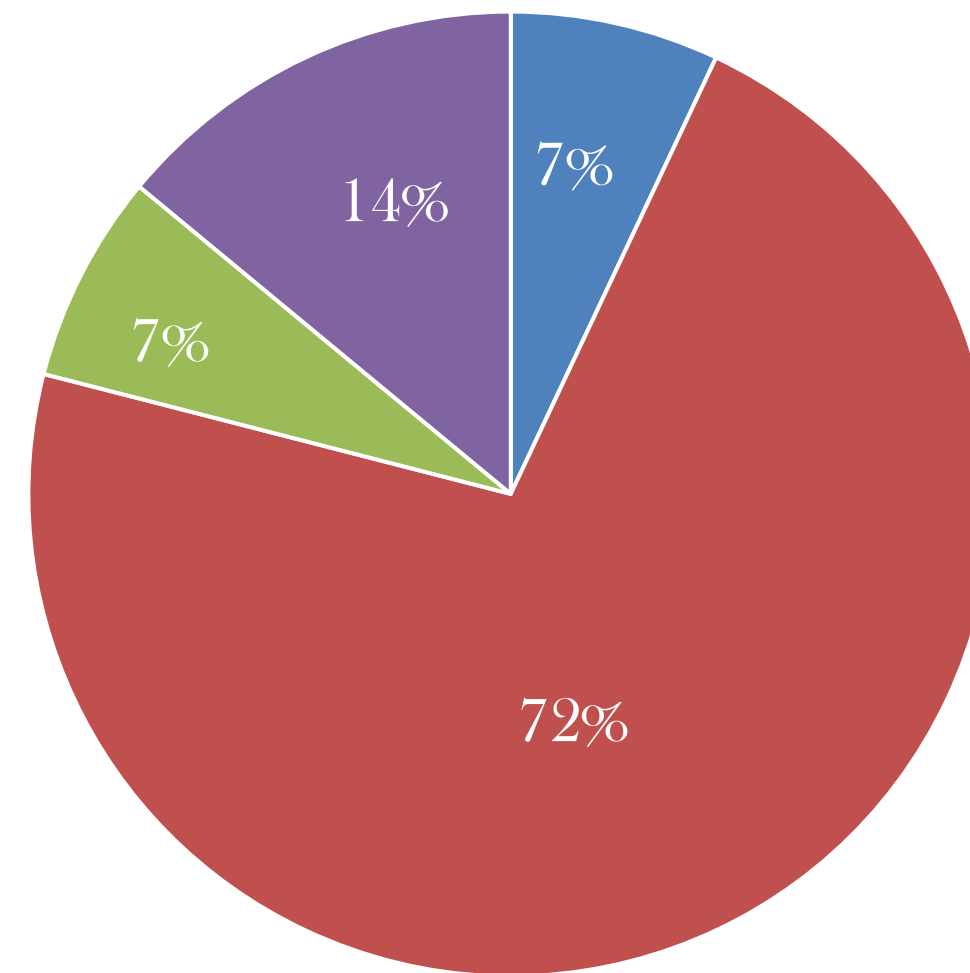
Saturday 4 July
Morning



Group results

Academic and Professional backgrounds

Saturday 4 July
Morning



■ Counselling degree ■ Psychotherapist ■ Psychologist ■ Other*

N:15

* Other: Social science degree, Philosophy degree

What are the expectations about the course?

Saturday 4 July
Morning

Adapting Professional Practice

Have CPD training

Learn about approaches to work with frontline NHS personnel

Think through some of the implications of working online

Gain further knowledge and skills

Think with many other perspectives

Learning from Pandemic

Explore aspects of the current corona crisis

Explore how the current covid epidemic is impacting on our individual and collective psyche

Find meaning in this crisis

Wellbeing

Reflect on how we can develop and grow from this experience

Talk about anxiety and other emotions we're feeling at the moment

Group Support

Receive from and possibly provide support

Have an insightful discussion

Share professional experiences

Find connection

No expectations

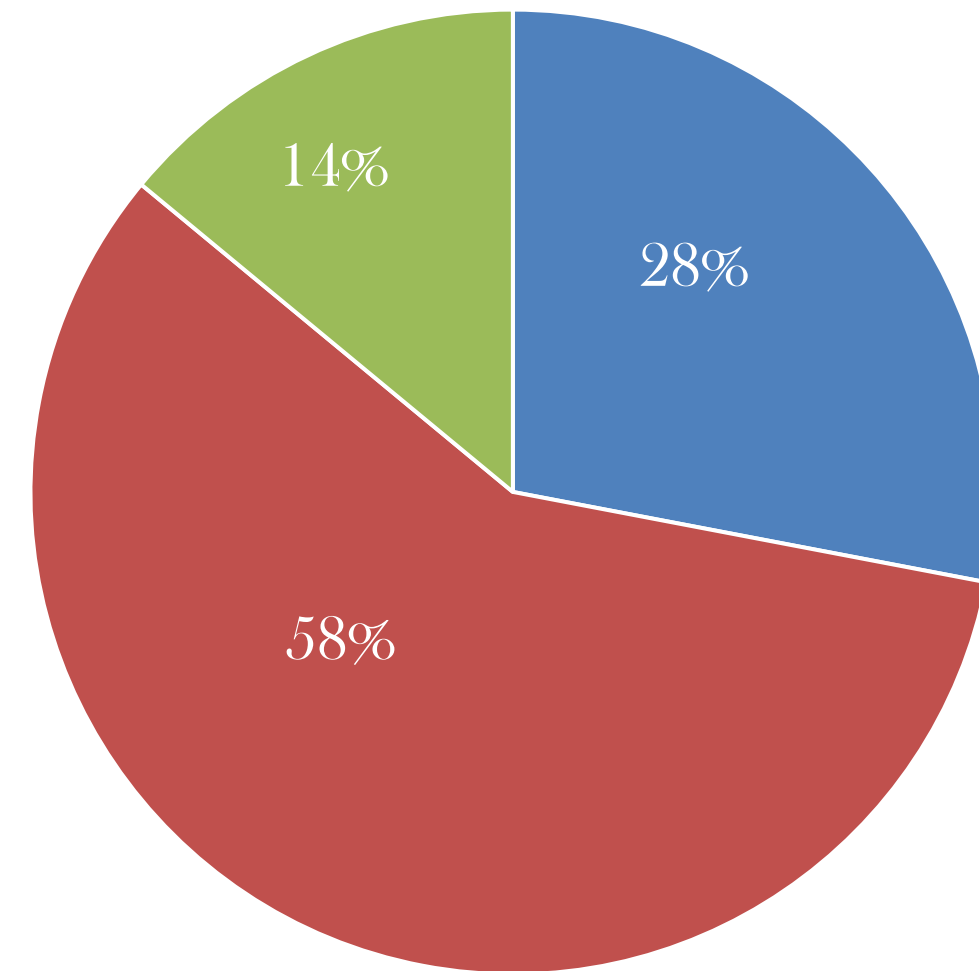
Saturday 4 July
Afternoon



Group results

Academic and Professional backgrounds

Saturday 4 July
Afternoon



■ Counselling degree

■ Psychotherapist

■ Other*

N:14

* Other: Philosophy studies, Nurse, Osteopathy

What are the expectations about the course?

Saturday 4 July
Afternoon

Adapting Professional Practice

Learn something new

Get information in supporting professional adaptation

Increase the knowledge

Adapt to working online

Learning from Pandemic

Understand more clearly the implications of this pandemic

Explore issues around responses to COVID-19 and the anxiety connected to this

Be able to reflect on the legacy of the pandemic

Wellbeing

Expand awareness and stimulate new perspectives

Manage stress

Hold my own fears around Covid when I work with clients

Group Support

Share experiences

Connect with other therapists

Be open minded



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Thank you

