

Mental Health During COVID-19: Understanding Traumatic Stress During a Pandemic

This workshop is designed to provide an overview of the latest information about how COVID-19 has impacted mental health and how mental health providers can support those who need help. A focus on COVID-19 as an ongoing stressor and how symptoms that develop during the pandemic may parallel symptoms of Posttraumatic Stress Disorder (PTSD) will be discussed. Additionally, this workshop will include example of clinical skills and techniques that individuals can incorporate into practice to reduce the burden of mental health symptoms. This training will also provide an overview of compassion fatigue and prevention tools for clinicians to manage the additional stress and feelings related to burnout.

David Rozek, Ph.D., is an incoming assistant professor at UCF RESTORES and the Department of Psychology at the University of Central Florida. He received his Ph.D. from the University of Notre Dame, completed his residency at the Orlando Veterans Affairs Medical Center, and worked as a research fellow at University of Utah with an emphasis in clinical neuroscience. Prior to joining UCF RESTORES, Dr. Rozek held faculty appointments in the Department of Psychiatry at the University of Utah and as the Director of Training at the National Center for Veterans Studies. He is a Beck Scholar and regularly provides training around the country to clinicians and medical professionals on best practices for suicidal patients.

Dr. Rozek's research examines cognitive and behavioral interventions for posttraumatic stress disorder (PTSD), suicidal thoughts and behaviors, and depression. He works primarily with military members and first responders. Dr. Rozek uses a multimethod approach, including randomized controlled trials, laboratory experiments, and observational studies. This work has been funded by the National Institutes of Health, Department of Defense, Boeing Corporation, and the Bob Woodruff Foundation.

\$15 for full members
\$60 for non-members

4.0 Continuing Education Hours