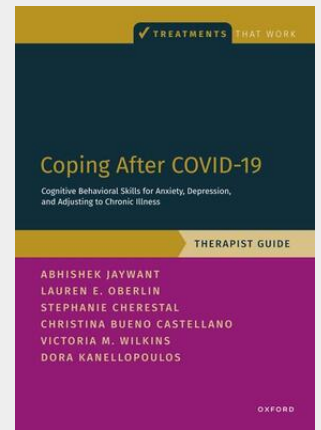


Coping After Covid-19: Cognitive Behavioral Skills for Anxiety, Depression, and Adjusting to Chronic Illness

Therapist Guide

It is now well recognized that some individuals who develop COVID-19 will experience persisting symptoms such as sensory and movement challenges, fatigue, shortness of breath, dizziness, cognitive difficulties (difficulty concentrating, multitasking, and brain fog), and many other debilitating changes to the body and mind. Many individuals with persisting COVID-19 symptoms, also known as Long Covid, may additionally experience anxiety and depression while struggling to adjust to changes to their everyday life and the uncertainty around their symptoms. These adjustment difficulties, anxiety, and depression can lead to poor adherence to medical treatments, contribute to disability, and negatively impact overall quality of life. Drawing from existing evidence-based interventions, and their experience treating clients with COVID-19, the authors have developed a set of cognitive behavioral strategies to help clients with persisting symptoms of COVID-19. The therapist guide contains information on how to conceptualize psychiatric symptoms in the context of COVID-19 within a cognitive behavioral framework, tips on conducting an initial intake assessment, and a suite of cognitive behavioral strategies to help clients manage emotional difficulties, cognitive challenges, fatigue, and sleep disturbances, tailored for COVID-19. The book also includes optional modules on enhancing adherence to medical treatment, managing grief and loss, and working with families. An accompanying client workbook contains worksheets and client-friendly explanations of CBT concepts and techniques.



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