COVID-19 AND THE TRAUMA IMPACTING OUR CHILDREN

Stephanie Iannelli LCSW
with Hope Sheds Light
presents:

The Coronavirus
EVERYONE HAS BEEN AFFECTED IN SOME WAY, but no one has been affected in the same way

<table>
<thead>
<tr>
<th>Differences in Experience</th>
<th>Differences in Impact</th>
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<tbody>
<tr>
<td>• Diagnoses</td>
<td>• No overt impact on mental health</td>
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<tr>
<td>• Work or school</td>
<td>• Symptoms of depression</td>
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<tr>
<td>• Social interaction</td>
<td>• Symptoms of anxiety</td>
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<td></td>
<td>• Acute stress symptoms</td>
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What is existential trauma and why is COVID-19 being treated as such?
HOW WILL YOU KNOW IF THE PANDEMIC IS HAVING A TRAUMATIC EFFECT ON YOUR CHILD?

MANY FACTORS:

- Attachment style
- Personality
- Current life experiences
- Predisposition for mental illness and/or substance abuse
- Childhood experiences (ACE)
WHO IS MOST VULNERABLE TO THE EMOTIONAL IMPACTS OF THIS VIRUS?
WHAT DOES IT LOOK LIKE?

Michael and Jonathan are 17y/o boys attending high schools in Central Jersey. They are both honor roll students, involved in sports, and active with student counsel.

**Michael**
- Parents are divorced – good relationship with dad, conflictual relationship with mom
- Grandmother and father both had corona virus, grandmother was hospitalized
- Has not left the home since
- ACE score 1

**Jonathan**
- Lives with both parents – good relationship with both
- No diagnoses of corona virus
- Parents are liberal in allowing contact with friends if social distancing is practiced
- ACE score 0
WHAT DOES IT LOOK LIKE?

Christine and Tomeka are pre-teen girls attending middle schools in Southern Jersey. They both have average grades and neither participate in school activities. Both girls are viewed as popular amongst their peers.

**Christine**
- Lives with grandmother and has no contact with parents
- Older sister was diagnosed with corona virus
- Has asthma and has not left the house
- ACE score 5

**Tomeka**
- Lives with single mother
- No corona virus diagnoses
- Has not been allowed to leave the house
- ACE score 5
WHAT CAN WE DO TO MITIGATE THE NEGATIVE IMPACT?

Parents
Providers
Family
Other Support Systems

Empathic listening
Validating the impact of experiences
Normalizing emotions
Be aware that previous traumatic experiences may be triggered and come up
Know when to get professional help – seek “limbic system therapies such as Brainspotting.”
WHY BRAINSPOTTING THERAPY?

The Difference Between Brainspotting and Talk Therapy

Talk Therapy occurs in the cerebral cortex

Trauma is stored deep in the brain

Brainspotting heals trauma throughout all layers of the brain
WHAT QUESTIONS DO YOU HAVE?

Feel free to contact us if your questions are not answered today...
THANK YOU

Stephanie Iannelli LCSW

• https://acestoohigh.com/

How to find certified Brainspotting clinicians:
• https://brainspotting.com/ - BSP Directory
• https://www.psychologytoday.com