

HOW CAN PSYCHOLOGY HELP IN MOMENTS OF CRISIS?

Information for
Psychology Professionals

Luciana Patricia Ruff ^a
Milton José Cazassa ^b
George M. Slavich ^c
Margareth da Silva Oliveira ^d

FEELINGS SUCH AS FEAR, ANXIETY AND CONCERN ARE NORMAL IN CRISIS SITUATIONS.

THAT IS, MOST PSYCHOLOGICAL SYMPTOMS ARE JUST NORMAL REACTIONS IN FACE OF AN ABNORMAL SITUATION. CONSIDER THE FID (FREQUENCY, INTENSITY AND DURATION) OF THE PSYCHOLOGICAL OR BEHAVIORAL PHENOMENON TO ASSESS WHETHER IT IS A LOGICAL REACTION TO THE SITUATION OR A POTENTIAL SIGN OF MENTAL ILLNESS.



SOCIAL DISTANCING IS THE MOST APPROPRIATE STRATEGY TO MANAGE THE PANDEMIC

BEING DISTANT OR ISOLATED FROM OTHER PERSONS DOES NOT NECESSARILY MEAN BEING DISCONNECTED OR ALONE. IT IS NECESSARY TO CONSIDER THE POSSIBLE NEGATIVE IMPACTS OF SOCIAL ISOLATION AND ASSIST PATIENTS TO RESSIGNIFY AND UNDERSTAND THIS MOMENT AS AN ACT OF CARE OF THE OTHERS.



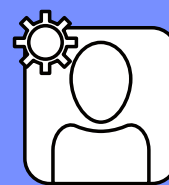
IT IS IMPORTANT TO CONSIDER IN PSYCHOTHERAPY THE PSYCHOLOGICAL FIRST AID

SUPPORTING PEOPLE IN A CAREFUL AND NON-INVASIVE WAY IS ESSENTIAL. IT IS VERY IMPORTANT TO ASSESS ISSUES RELATED TO BASIC NEEDS, SUCH AS ABSENCE OF FOOD, HOUSING AND FINANCIAL RESOURCES. BEING EMPATHIC AND OPEN TO LISTEN, YOU CAN CALM DOWN OTHERS AND WORK TOGETHER WITH THEM TO FIND PIECES OF INFORMATION THAT COULD BE USEFUL. THIS ATTITUDE CAN POTENTIALLY PROTECT PEOPLE FROM OTHER DAMAGES.



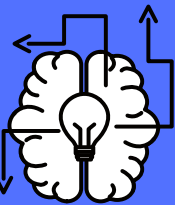
USING COGNITIVE-BEHAVIOR THEORY

YOU CAN IDENTIFY THE PATIENT'S BELIEFS AND COGNITIVE DISTORTIONS THAT ARISE FROM AUTOMATIC THOUGHTS, RELATED TO THE DENIAL OF SCIENTIFIC EVIDENCE, BELIEFS BASED ON CONSPIRACY THEORIES, GENERALIZATIONS, HEURISTICS AND THINKING BIASES, HELPING THEM TO CORRECT THESE DISTORTIONS.



USE TECHNIQUES SUCH AS MOTIVATIONAL INTERVIEWING, PSYCHOEDUCATION, SOCRATIC QUESTIONING, EVIDENCE'S EXAM

WHICH WILL ASSIST IN THE PROCESS OF SOLVING AMBIVALENCES AND UNDERSTANDING THE RELATIONSHIP BETWEEN THOUGHTS, FEELINGS AND BEHAVIOR. ASSIST THE PATIENT IN THE RECOGNITION OF MALADAPTIVE THOUGHTS, WHICH WILL HELP TO BREAK AVOIDANCE AND HOPELESSNESS PATTERNS, FAVORING THE GRADUAL CONFRONTATION OF FEARED SITUATIONS, AND THE DEVELOPMENT OF COPING SKILLS.



AND VERY IMPORTANT: TAKE CARE OF YOURSELF AT THIS TIME!

"A SITUATION OF CRISIS IS UNDERSTOOD AS AN EVENT THAT LEAVES THE STANDARDS AND THE EXPECTED, IN FUNCTION OF ITS INTENSITY AND EXTENSION, BUT THAT TRANSFORMS THE ONE WHO EXPERIENCES IT. AND ONE OF THE MOST ADAPTIVE AND FUNCTIONAL WAYS TO INTERPRET A CRISIS, IS TO LIVE IT AS AN OPPORTUNITY IN FRONT OF SELF-IMPOSED CHANGES".

(BARROS-DELBEN et al., 2020).

ORGANIZERS:
^a **Luciana Patrícia Ruff**. Psychology student (FEEVALE, Novo Hamburgo, Brazil). GRAPHIC DESIGN AND DIAGRAMATION. (Illustrations available at <http://www.canva.com>).

^b **Milton J. Cazassa (Ph.D.)** Associate Researcher with the Assessment and Care Group in Cognitive and Behavioral Psychotherapy (GAAPCC/Department of Psychology/PUCRS/Porto Alegre/Brazil). Project coordinator in Brazil of the Laboratory for Stress Assessment and Research (UCLA). Psychologist at the City Halls of Eldorado do Sul/RS and Gramado/RS.

^c **George M. Slavich (Ph.D.)** Founding Director of the Laboratory for Stress Assessment and Research (UCLA), (<https://www.uclastresslab.org/>). Research Scientist of the Cousins Center for Psychoneuroimmunology and Associate Professor at Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles, Los Angeles, CA, United States. NIMH Postdoctoral Fellowship, UCSF & UCLA.

^d **Margareth da S. Oliveira (Ph.D.)**. CNPq-1C Productivity Researcher. Titular Professor of Undergraduate and Graduate Studies in Psychology at PUCRS. Coordinator of the Assessment and Care Group in Cognitive and Behavioral Psychotherapy (GAAPCC/PUCRS). Founding partner of FBTC (Brazilian Federation of Cognitive Therapies). Postdoctoral fellow at the UMBC/USA.

REVIEWER: Wagner de Lara Machado. Professor of undergraduate and graduate studies at the Pontifical Catholic University of Rio Grande do Sul (PUCRS). CNPq productivity fellow.

