



## POST-COVID STRESS DISORDER



**Date: Saturday, 3rd of July 2021**

**Location: London**

This is a live masterclass delivered in-person

*The pandemic has triggered an array of emotional, physical, mental, neurological and economic issues. COVID-19 has caused diverse mental health problems, including anxiety, depression, posttraumatic stress disorder, and other trauma and stress related disorders. Different groups have met the qualifying criteria for posttraumatic stress disorder (PTSD) according to DSM-5 as a result of the pandemic:*

- *Patients who have suffered from serious COVID-19 illness and potential death*
- *Individuals who as family members and health care workers have witnessed others' suffering and death*
- *Individuals who have learned about the death or risk of death of a family member or friend due to the virus*

- *Individuals who have experienced extreme exposure to aversive details (eg, journalists, first responders, medical examiners, and medical staff)*

This course will give you an understanding of Covid-related mental and physical trauma & Post-COVID Stress Disorder, providing you with strategies that will help your clients to recover.

**The following topics will be discussed:**

- Mental, physiological and neurological effects of Long Covid
  - ICU-related trauma
  - Stimulating the immune system
  - The use of imagination and visualisation
  - Installing resources using bilateral stimulation in hypnosis
- Protocols and scripts will be given

**About Venka de Rooij**



Venka de Rooij is a trauma therapist based in London. She is a clinical hypnotherapist, psychotherapist and Equine Facilitated Psychotherapist who specialises in PTSD, CPTSD and complex trauma. She has trained with international trauma experts Bessel Van der Kolk, Janina Fisher, Laurel Parnell and Lori Gill. Venka treated clients who became infected with Covid at the very start of the pandemic when it was relatively unknown including managing the symptoms of long Covid and the trauma of ICU treatment.

She is a member of the National Council of Psychotherapy. Venka de Rooij started her qualifications with clinical hypnotherapy with the London College of Clinical Hypnosis and has been trained in adjunctive trauma hypnotherapy by Carol Kershaw, Bill Wade and others.