

COVID Fatigue and Trauma: A Journey to Wellness

Definitions

Clinical Psychologist: an expert or specialist in the branch of psychology concerned with the assessment and treatment of mental illness and psychological problems.

Cognitive Behavioral Therapy: a type of psychotherapy in which negative patterns of thought about yourself and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders, such as depression.

Counseling: Counseling services may be provided by a Licensed Professional Counselor, Licensed Clinical Social Worker, or Psychologist.

COVID Fatigue: manifestation of fears, physical limitations, emotional and spiritual exhaustion.

Emotional Wellness: Living well despite problems, through all of the many ups and downs of life; Living fully and finding the good in each day; Experiencing the gamut of human emotions (emotional wellness does not mean feeling perpetually happy) while simultaneously separating yourself from them, knowing that you can have emotions but that you aren't defined by them.

Licensed clinical social worker: A social worker trained in psychotherapy who helps individuals deal with a variety of mental health and daily living problems to improve overall functioning.

Licensed Professional Counselor: a fully licensed person who offers professional mental health counseling/ psychotherapy counseling services denoting a client-counselor relationship in which the counselor assumes the responsibility.

Mental Wellness: A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.

Trauma Informed: demonstrating knowledge of trauma; puts knowledge of trauma into action.

Trauma Informed Care: An organization-wide commitment and culture that understands, recognizes, and responds appropriately to the effects of trauma and has structures in place to avoid traumatizing or re-traumatizing clients. (Adapted from Johns Hopkins and SAMHSA)

Means: The tools/method to kill self. Ex: a gun, rope, medications

Motivational Interviewing: a type of psychotherapy in which negative patterns of thought about yourself and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders, such as depression.

Music Therapy: therapy based on engagement in musical activities : the therapeutic use of music (to reduce anxiety, improve cognitive functioning, promote physical rehabilitation, or enhance interpersonal communication) that typically involves listening to music, singing, playing musical instruments, or composing music.

Neurofeedback: electroencephalogram biofeedback, is a therapeutic intervention that provides immediate feedback from a computer-based program that assesses a client's brainwave activity. The program then uses sound or visual signals to reorganize or retrain these brain signals. By responding to this process, clients learn to regulate and improve their brain function and to alleviate symptoms of various neurological and mental health disorders.

Neurologic Music Therapy: is an evidence-based treatment model that uses standardized, research- based techniques to treat the brain using specific elements of music such as rhythm, melody, dynamics, tempo, etc. The Neurologic Music

Therapist is a stimulus specialist who is trained in the neuroscience of music perception, music production, and music cognition.

Neurologic Music Therapist: uses standardized techniques to address non-musical goals such as speech, physical movement, cognition and other functional abilities. The therapist focuses on the music as therapy, emphasizing specific elements of music in the construction of therapeutic exercises as research indicates, in order to optimize function and/or reroute neuropathways to achieve functionality. Research has shown that rhythm and music affect multiple areas of the human brain at once on a subconscious level. Because of this fact, rhythm can be used to help build new connections in the brain (called neuropathways) thus improving brain function and allowing one to lead a more productive and functional life.

Pandemic: event in which a disease occurs over a wide geographic area (such as multiple countries or continents) and typically affect a significant proportion of the population.

Peer specialist: is a professional person with significant life-altering experience. This is also referred to as “lived experience.” These specialists support individuals with struggles pertaining to mental health, psychological trauma or substance use and are trained via the formal peer support approved curriculum.

Physical Wellness: Physical wellness has to do with keeping your body in optimal condition and health. It can be achieved through a well-balanced diet, various forms of exercise, practicing self- control, and much more.

Psychiatrist Medical Management: a psychiatrist prescribes medicines for mental health and wellbeing.

Self-Care: Awareness of personal limitations and the ability to use knowledge, tools and activities that are relaxing, comforting and promote holistic well-being.

Spiritual Wellness: is an evolutionary process of discovering meaning and purpose of life and includes; seeking truth, thinking of others, healthy eating, loving, playing, serving, working, healthy sleep habits and living a spiritually driven life.

Suicidal Ideation: Thinking about suicide.

Suicidal Intent: Intention to act on the suicidal ideation.

Suicidal plan: Not only do they have intent, but also a plan.

Suicide attempt: When someone actually attempts suicide (but does not die).

Therapeutic: producing good effects on your body or mind.

Trauma: very difficult or unpleasant experience that causes someone to have mental, physical and/or emotional problems, usually for a long time.

Wellness: the state of being in good health, especially as an actively pursued goal: "measures of a patients progress toward wellness".