



CORE WELLNESS

# Ten C's Covering Compassionate COVID-19 Care

1 CE Workshop

Presented by:  
Dr. Joseph Tropper  
PsyD, MS, LCPC

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# Disclaimer

All names, client information and identifying information are changed to protect client confidentiality. Any resemblance found here is purely coincidental.



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## ABOUT CORE WELLNESS

Core Wellness is a dynamic training group offering evidence-based, practical workshops via live/webinar and recorded webinar delivery. Our passionate and knowledgeable trainers bring engaging and inspiring CE trainings that stimulate the heart and mind for client care and effective clinical skills.

Core Wellness LLC is authorized by the Board of Social Work Examiners in **MARYLAND** to sponsor social work CE programs (for LMSW, LCSW, LCSW-Cs) and maintains full responsibility for all content. The trainings qualify for Category 1 continuing education units (whether taken in person or via live interactive webinar). Our credits are also accepted by the Board of Professional Counselors of Maryland (LGPC, LCPC and MFTs) and Board of Psychologists of Maryland. Additionally, Core Wellness, LLC is recognized by the **NEW YORK** State Education Department's State Board for Social Workers #SW-0569 and the **NEW YORK** State Board for Mental Health Practitioners, #MHC-0167. For **other states**, contact your board & let us know if we can help!

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## ABOUT THE PRESENTER

**Dr. Joseph Tropper, PsyD, MS, LCPC** holds a Doctorate in Psychology, a Master's in mental health counseling and is a highly sought-after trauma therapist, trainer & business consultant. As a Certified EMDR Therapist and Certified Clinical Trauma Professional (IATP) Joseph brings the art and skills of trauma counseling and client motivation to life in his unique upbeat, hands-on approach that will engage, inspire and empower you as a therapist. Joseph is a full-time clinical supervisor and director and sees clients part time.





# Hello

my name is

**What is your:**

Name?

Education?

License?

City?

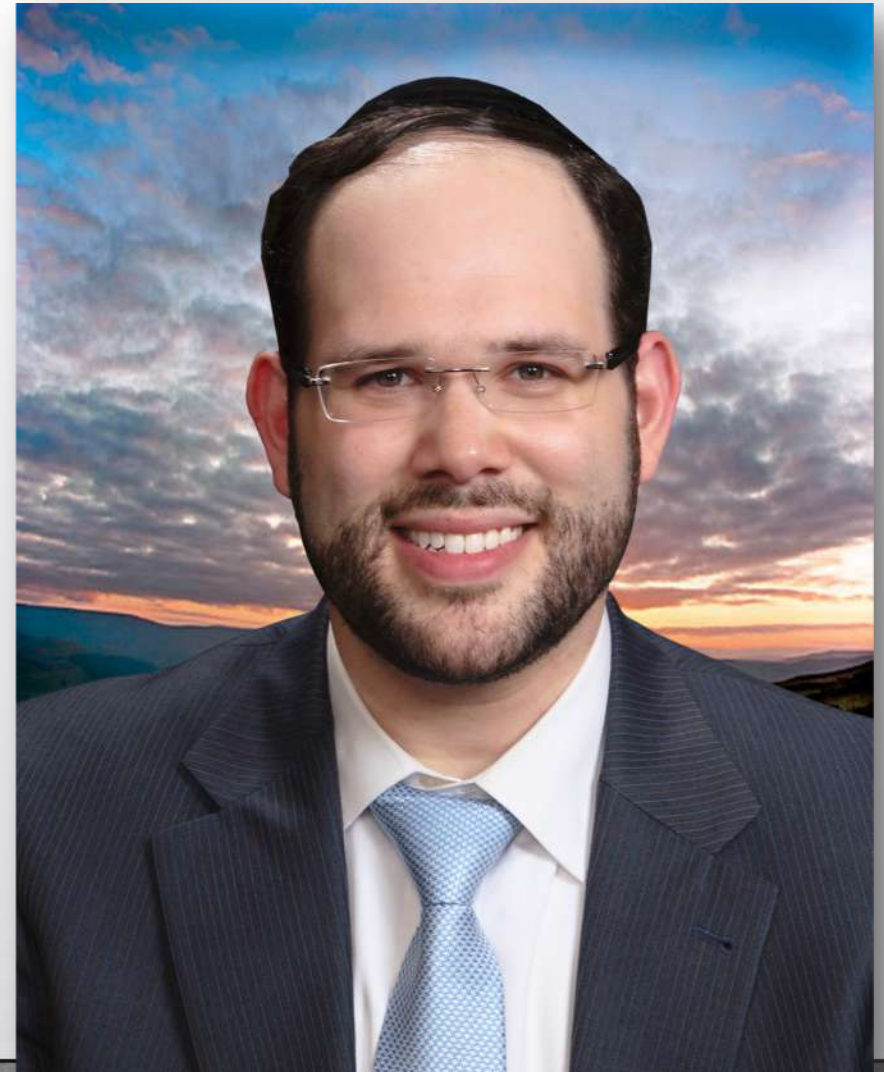
Work setting?

***What specifically brought you to this training?***

## About the Presenter

### ***Dr. Joseph Tropper, PsyD, MS, LCPC, CCTP***

- *Doctorate in Psychology*
- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional Coach*
- *Training in Somatic Experiencing, Sensorimotor Psychotherapy*
- *Training in Gottman, EFT, Imago and IFS modalities*



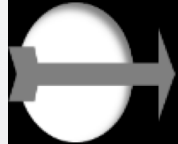


# Course Schedule

## Ten C's Covering Compassionate COVID-19 Care

Ten C's Interventions and Focus; Q&A

# 2 Goals for Today



Upon completion of this course, participants will be able to:

List 5 evidence-based techniques for helping clients during times of crisis



Apply 5 methods to help clients manage crisis, work on scheduling and address the myriad of life challenges brought on by COVID-19



**We are only as  
useful  
as we are  
calm and  
present**





The greatest PRESENT you can give your clients is...  
your PRESENCE combined with your skills





# Daily Planner

1. Crisis management
2. Competency
3. Confidentiality
4. Community
5. Collaboration
6. Concentration
7. Compassion
8. Constructive schedule
9. Communication
10. Certainty

# 1. Crisis management





## HIRE LEARNING

# What's your biggest struggle with working remotely?





A close-up, high-angle shot of a compass rose. The dial is dark blue with white markings and text. The word 'COMPETENCE' is written in large, white, sans-serif capital letters, curving along the top right of the dial. A red needle with a silver base is positioned diagonally, pointing towards the 'C' in 'COMPETENCE'. The background is dark and out of focus.

**2- Competency**

# 3 Confidentiality







# 4 Community

A person with long dark hair is seen from the side, covering their face with their hands. They are wearing a grey and white striped sweater. The person is standing in front of a window with dark wood framing. The background is a plain, light-colored wall. The overall mood is one of sadness and isolation.

# Social Isolation



 The Daily Gazette

## Family Court case backlog growing during COVID-19 crisis

Family Court case backlog growing during COVID-19 crisis ... custody and child support issues among parents who are separated or divorced.

1 month ago




 Boston magazine

## Will the Coronavirus Crisis Cause a Surge in Boston Divorces?

Deborah Carr, a sociology professor at Boston University with a research



 Deseret News

## Singletary: IRS glitch doubles stimulus payments to divorced families

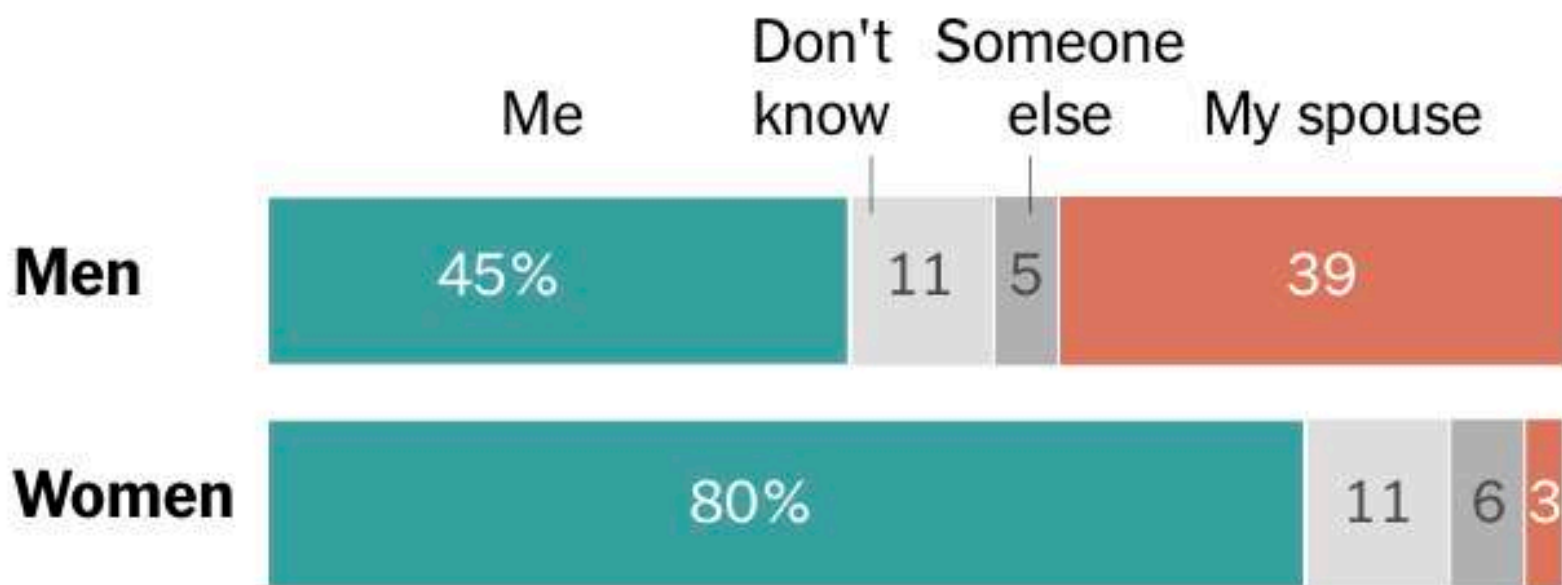
One child, two stimulus payments: The weird way divorced families are ... in response to a financial crisis caused by the novel coronavirus, the ...

1 day ago



# Who is spending more time home-schooling your children or helping them with distance learning?

Among parents with children under 12.



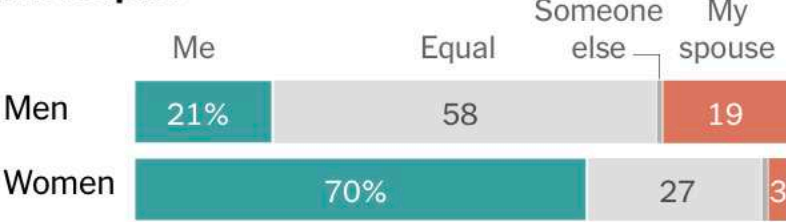
Source: Morning Consult survey of 2,200 adults April 9-10, 2020.

Margin of error  $\pm 8$  pts. for men and  $\pm 7$  pts. for women. • Note:

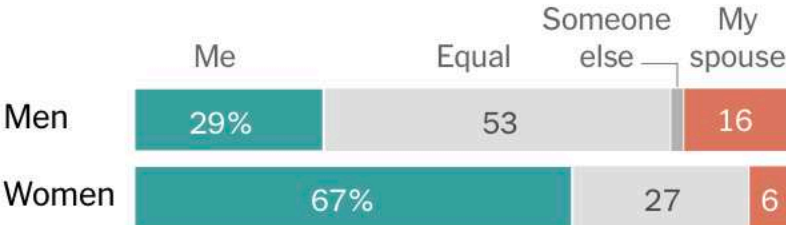


# Who is currently most responsible for housework, such as cooking and cleaning?

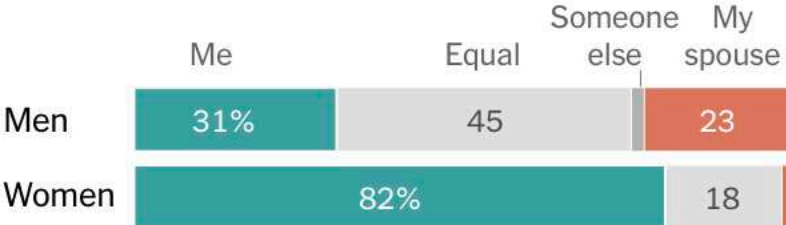
## All couples



## Couples both working full-time remotely



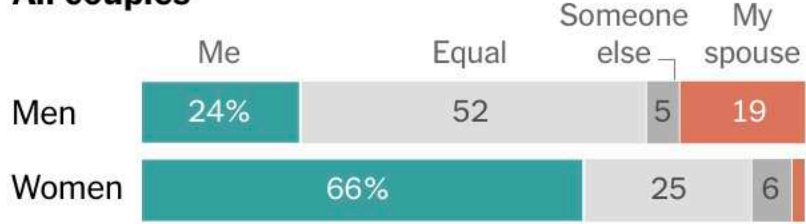
## Couples with children under 12



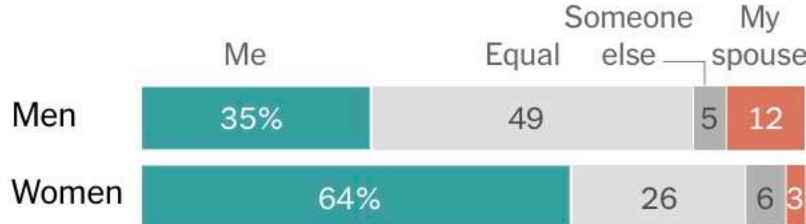
Source: Morning Consult survey of 2,200 adults April 9-10, 2020.  
 Margin of error ±4 pts. for all couples, ±9 and ±10 pts for those working

# Who is currently most responsible for child care?

## All couples



## Couples both working full-time remotely



## Couples with children under 12



Source: Morning Consult survey of 2,200 adults April 9-10, 2020.  
 Margin of error ±7 pts. for all couples, ±12 and ±14 pts for those



# 5 Collaboration





# 6 Concentration



A photograph showing a young hand from the top left holding a bright red heart, positioned just above an open, weathered hand from the bottom right. The background is a plain, light-colored wall. The text '7 Compassion' is overlaid in the center.

# 7 Compassion

# 8 Constructive schedule



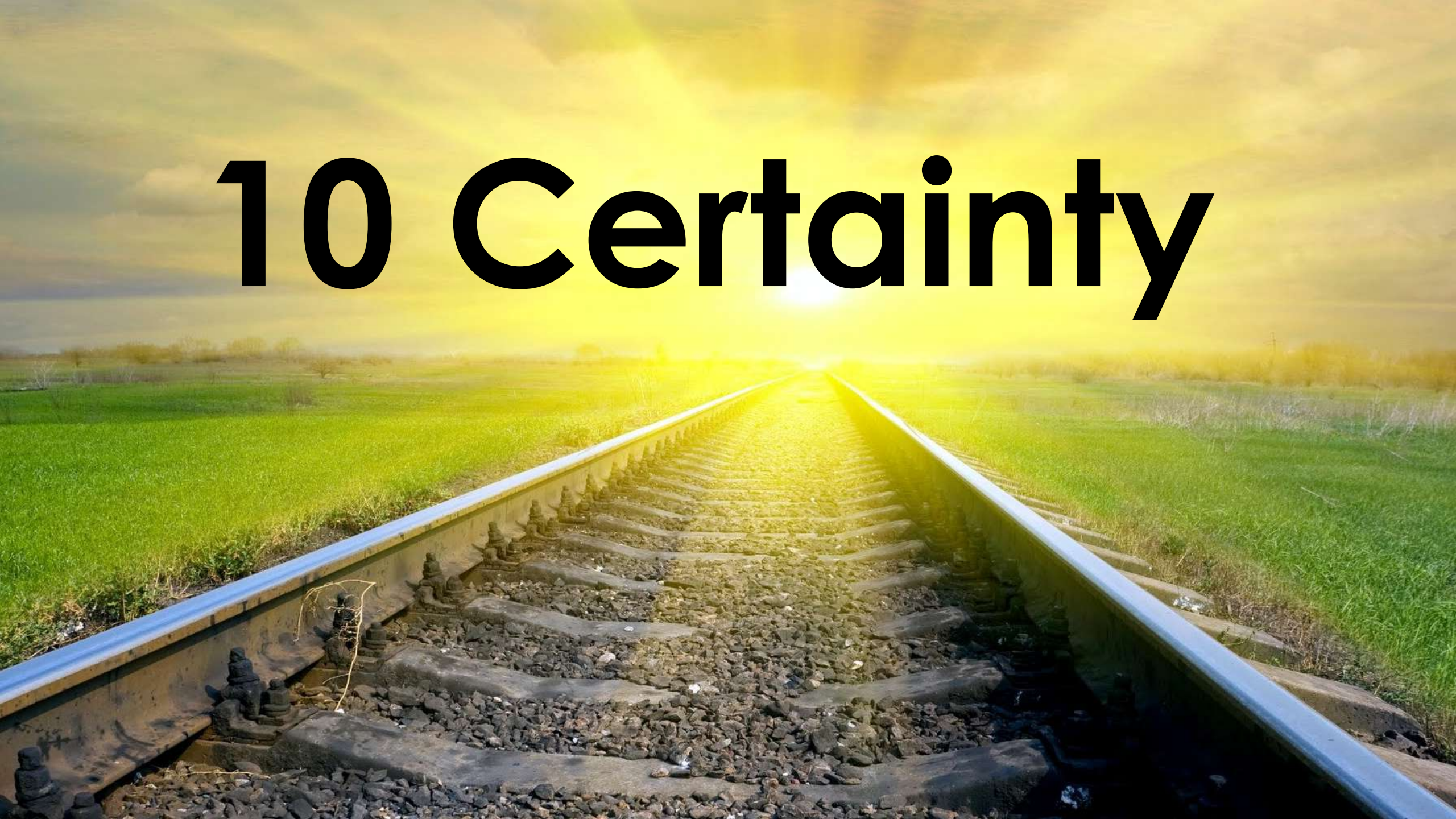




# 9 Communication



# 10 Certainty





# Daily Planner

1. Crisis management
2. Competency
3. Confidentiality
4. Community
5. Collaboration
6. Concentration
7. Compassion
8. Constructive schedule
9. Communication
10. Certainty

A composite image of Earth from space, showing the Americas. Overlaid on the planet is a complex, glowing blue network of lines and nodes, resembling a global communication or data network. The background is a dark starry sky.

**What will the future bring?**

**Questions?**







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# Resources

Chapman, A. L., Gratz, K. L., & Tull, M. T. (2011). *The dialectical behavior therapy skills workbook for anxiety: breaking free from worry, panic, Ptsd & other anxiety symptoms*. Oakland, CA: New Harbinger Publications.

Lee, D. A., & James, S. (2013). *The compassionate-mind guide to recovering from trauma and Ptsd: using compassion-focused therapy to overcome flashbacks, shame, guilt, and fear*. Oakland, CA: New Harbinger Publications.

Phelps, R. (2018). *Crisis management: How to develop a powerful program*. San Francisco, CA: Chandi Media.

Watters, J. (2014). *Disaster recovery, crisis response, and business continuity: a management desk reference*. New York: Apress.



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