

The Collective Trauma Caused by COVID-19 and the Role of Social Work

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Description:

In this presentation, we will focus on the COVID-19 and its pernicious reach into the lives of people all over the world, affecting group culture, and changing the way of life for billions. It's only been since early 2020 that this menacing pandemic has wreaked havoc on the medical, economic, social, political, and psychological infrastructure of our society. Yet, it can be quite difficult to remember a time before it infected and affected all areas of our lives. Since that time, however, we have withstood the impact of this all-consuming storm, mourned the loss of life of millions, and labored to protect our own health while trying to find meaning in the aftermath and rebuild almost every aspect of our lives.

At this critical moment in our evolving existence, we must find a way to process what can undoubtedly be considered the "collective trauma of COVID-19" and find healing together. As has been the case throughout our profession's storied history, Social Workers have been at the forefront in addressing the social ills in our world. As healers, change agents, and champions of social justice, we have helped individuals and groups deal with difficulties, challenges, pain, suffering, and loss. As we as society move through the stages of recovery from this unpropitious contagion, social workers can help others understand how the impact to our collective psyche can be mitigated and how we can apply the principles of loss, grief, and trauma in a "collective" sense to facilitate understanding, healing, and post-traumatic growth.

Learning Objectives:

- Delineate how the COVID-19 pandemic has altered our lives Explain and apply three key strategies to assist with implementing music listening in military organizations.
- Discuss the impact on our mental health and collective wellbeing
- Describe techniques for managing our new normal and the role of behavioral health

Duration: 1:30:19