

March 31, 2020

Hello Geropsychology Community,

As you all are working so hard to meet the needs of the patients we serve, we wanted to share this telephone/virtual support group manual that may be of use to you in your work. It is an 8-week manual that our Geropsychology Fellow, Dr. Rachel Weiskittle developed for phone or virtual groups to use. This was developed with our HBPC or outpatient Geri MH veterans in mind but could be modified to other geriatric settings too.

As you might expect this came together quickly, and we aimed to adapt existing EBP resources to this current time and the needs of our patients. Please adjust to your own local needs.

If you decide to use it, please backchannel me at michelle.mlinac@va.gov as we will likely want feedback on how it went!

Title: Telehealth Support Group for Socially Isolated Older Adults during the COVID-19 Pandemic

Teaching	Skill Building Exercise		Summary description	Social Engagement Homework
1	COVID-19 Facts vs. Fiction	FACE COVID mindfulness exercise	Introductions, group norm setting	Where to get your info from
2	Noticing, Checking & Worry	Identifying Automatic Thoughts	Coping with worry, recognizing thoughts aren't facts	Pleasant Activities (What are you already doing)
3	Challenging Automatic Thoughts	Thoughts as Changeable	Develop a positive self-statement or mantra to say	Pleasant Activities (Try Something New)

4	Anxiety: Approach vs. Avoidance	Identify Behavioral Strategies for Anxiety	Basic Mindfulness Exercises	Calling an old friend
5	Attention & Mindfulness	Mindfulness Exercise	Practice additional mindfulness strategies	Writing a letter
6	Dealing with Difficult Emotions	Naming emotions, identify triggers	Emotions are neither good nor bad, our responses to our emotions are what hurt/help us	Sharing something emotional with someone
7	Emotional Barriers to Problem Solving	Emotion-Focused vs. Problem-Focused Coping	Emotion regulation strategies	Grieving a Loss
8	Mobilizing Resources and Giving Thanks	Gratitude Exercise	Recap the group members' experiences. Revisit social goals and discuss the future. Discuss mobilizing supports. Review local resources for emerging member needs.	Giving Thanks to Someone Important to Me

Staff Psychologist, HBPC
VA Boston Healthcare System
Assistant Professor of Psychology in Psychiatry
Harvard Medical School

Click on this link to unsubscribe from the DIV12SECTION2 list [UNSUBSCRIBE](#)
An email will automatically open with "Unsubscribe" in the subject area. Just Send the message, as is, to unsubscribe from this list.