

Webinar title	Presenter	Date/Time of Webinar
Social isolation and its impact	Kate Chartres Nurse Consultant, Newcastle PLT and Network Clinical Lead for NHS England, Liaison Psychiatry	Monday 18 <sup>th</sup> January 2021 11:00 – 12:00 Social Isolation Join Zoom Meeting <a href="https://zoom.us/j/98829193333?pwd=TIRvZ2VtRXd4MXE5QVJoOUxDaGhqdz09">https://zoom.us/j/98829193333?pwd=TIRvZ2VtRXd4MXE5QVJoOUxDaGhqdz09</a> Meeting ID: 988 2919 3333 Passcode: 506816
Emotional impact of the pandemic on families and Reaching out to families during the pandemic.	Dr Kirsty Charlton, Systemic Family Psychotherapist and Counselling Psychologist  Alix Bowler, Psychological Therapist (Family Interventions)  Dr Alex Reed (Family Therapy Trainer & Supervisor)	Wednesday 20 <sup>th</sup> January 2021 – 14.00 – 15.00 Emotional Impact of the Pandemic on Families and Reaching out to Families during the Pandemic
Compassionate Mind Training (series)	Dr Esther Pepperdine, Highly Specialist Applied Psychologist  Lee Partis, Senior Counsellor	Thursdays - as follows:- 21 <sup>st</sup> January 2021 16:00 – 17:00 Compassionate Mind Training - Session 1 Join Zoom Meeting <a href="https://zoom.us/j/91498459306?pwd=SUVqWHREaWdWQ0xLUVZXRzBidmNndz09">https://zoom.us/j/91498459306?pwd=SUVqWHREaWdWQ0xLUVZXRzBidmNndz09</a> Meeting ID: 914 9845 9306 Passcode: 175605

28<sup>th</sup> January 2021 16:00 – 17:00

Compassionate Mind Training - Session 2

Join Zoom Meeting

<https://zoom.us/j/93413627730?pwd=QWErOFJPZm9SWVFURXVOUzVvNUl1Zz09>

Meeting ID: 934 1362 7730

Passcode: 551080

4<sup>th</sup> February 2021 16:00 – 17:00

Compassionate Mind Training – Session 3

Join Zoom Meeting

<https://zoom.us/j/94040609698?pwd=TXdzMk15WXRGRXJYT1piS1NYVmZWUT09>

Meeting ID: 940 4060 9698

Passcode: 872499

11<sup>th</sup> February 2021 16:00 – 17:00

Compassionate Mind Training – Session 4

Join Zoom Meeting

<https://zoom.us/j/96506507582?pwd=bkM0VGVsY0JTM3dyd2dKUTNkbEJHQ09>

Meeting ID: 965 0650 7582

Passcode: 418173

18<sup>th</sup> February 2021 16:00 – 17:00

Compassionate Mind Training - Session 5

Join Zoom Meeting

<https://zoom.us/j/97739426946?pwd=WnVicXNzMVZQWVN0dWlhZVh6aWlxQT09>

Meeting ID: 977 3942 6946

Passcode: 096514

<p>Surfing the wave: Care home staff Experiences of Covid-19.</p>	<p>Dr Joanna Marshall, Clinical Psychologist, Durham and Darlington Care Home Liaison</p> <p>Dr Clare Winter, Counselling Psychologist, Durham and Darlington Care Home Wellbeing Service</p> <p>Dr Marina Palomo, Clinical Psychologist, Care Home Liaison Service (SAMH)</p>	<p>Friday 22<sup>nd</sup> January 2021 <b>Webinar postponed – new date to be advised in due course.</b></p> <p>11:00 – 12:00</p>
<p>An overview to trauma informed approaches to well-being</p>	<p>Dr Angela Kennedy Consultant Clinical Psychologist/Trauma informed Care Lead</p> <p>An Overview to Trauma Informed Approaches to Wellbeing</p>	<p>Wednesday 10th February 2021 13:30 - 14:20 Join Zoom Meeting <a href="https://zoom.us/j/97340718928?pwd=OXdoTnhBRGFnZTUweWFmT1NJYjdDQT09">https://zoom.us/j/97340718928?pwd=OXdoTnhBRGFnZTUweWFmT1NJYjdDQT09</a> Meeting ID: 973 4071 8928 Passcode: 548333</p>
<p>Trauma informed Care (A CAMHS perspective) -</p>	<p>Dr Joyce Powell, Consultant Clinical Psychologist/(CAMHS) Trauma Lead</p> <p>Dr Ollie O’Mara, Consultant Clinical Psychologist</p>	<p>Friday 26<sup>th</sup> February 2021 10:00 -11:00 Join Zoom Meeting <a href="https://zoom.us/j/97269379383?pwd=aXYwT1BFNnBQTkFYWGNzVm8vQkQ0QT09">https://zoom.us/j/97269379383?pwd=aXYwT1BFNnBQTkFYWGNzVm8vQkQ0QT09</a> Meeting ID: 972 6937 9383</p>

Working with young people during Covid-19

Passcode: 868811

Covid-19 – A psychological understanding of staff experiences and resilience building.

Dr Alison Oldham  
Clinical Psychologist

Christine McClean  
RGM, RN

Monday 22<sup>nd</sup> February 2021.

10:00 – 11:00 includes 10-15 mins for Q&A

A Psychological Understanding of Staff Experiences and Resilience Building

Join Zoom Meeting

<https://zoom.us/j/95071696595?pwd=OGdVa3ZDejk2Wk1adVhIMkdmN0lNdz09>

Meeting ID: 950 7169 6595

Passcode: 757774

Making meaning out of the pandemic (series)

Paul Walker  
Staff Engagement Lead

Tuesday 23<sup>rd</sup> February 2021

14:00 – 14:15

Making Meaning out of the Pandemic – Session 1

Join Zoom Meeting

<https://zoom.us/j/92939358920?pwd=SDRhSnhTcTdOZlVFSUxOR2lrNnFkdz09>

Meeting ID: 929 3935 8920

Passcode: 303542

Wednesday 24<sup>th</sup> February 2021

14:00 – 14:15

Making Meaning out of the Pandemic – Session 2

Join Zoom Meeting

<https://zoom.us/j/95200091197?pwd=U2l3Wll3OWxCbW11R2l3QVNQTUE4dz09>

Meeting ID: 952 0009 1197

Passcode: 163016

Thursday 25<sup>th</sup> February 2021  
14:00 – 14:15  
Making Meaning out of the Pandemic – Session 3

Join Zoom Meeting  
<https://zoom.us/j/98093237872?pwd=blozbUtzcxpYU2J5TlMwZnVUV2t5UT09>  
Meeting ID: 980 9323 7872  
Passcode: 310057

Friday 26<sup>th</sup> February 2021  
14:00 – 14:15  
Making Meaning out of the Pandemic – Session 4

Join Zoom Meeting  
<https://zoom.us/j/99688162623?pwd=THBrbXpsRmYwWWNWNjNjQktEamZwQT09>  
Meeting ID: 996 8816 2623  
Passcode: 029356

Dr Paras Patel,  
Post-Doctoral Senior Researcher

Fiona MacCallum  
Recovery College Trainer

Friday 12 March 2021  
13:00 – 14.00  
includes 15 minutes Q&A session  
Topic: Heart Rate Variability Webinar

Join Zoom Meeting  
<https://zoom.us/j/99693401910?pwd=ZWNzTEZVMmROZWJlbnJkTWw2b0JiUT09>  
Meeting ID: 996 9340 1910  
Passcode: 435546

<p>An exploration of the Power Threat Meaning Framework</p>	<p>Amanda Griffiths, Yor-Peer Support.</p>	<p>Wednesday 24<sup>th</sup> March 2021 14:00-15:00</p> <p>Join Zoom Meeting <a href="https://zoom.us/j/91394059679?pwd=bnBTV2ISOS9VZjhGUFQ4Tm05RFFBZz09">https://zoom.us/j/91394059679?pwd=bnBTV2ISOS9VZjhGUFQ4Tm05RFFBZz09</a></p> <p>Meeting ID: 913 9405 9679 Passcode: 545274</p>
<p>Vicarious/ secondary trauma and burnout</p>	<p>Jill Underwood, Highly Specialist Psychological Therapist</p> <p>Sarah Robinson, Nurse Consultant</p> <p>Emma Robinson, Psychology Research Assistant</p>	<p>Friday 26<sup>th</sup> March 2021 14:00-15:30. 1 hour presentation and then allowing 30 minutes Q&amp;A time.</p> <p>Vicarious / Secondary Trauma and Burnout Join Zoom Meeting <a href="https://zoom.us/j/98154728999?pwd=ZmVpenJjYXYwZWxqakVLZmVxVUowdz09">https://zoom.us/j/98154728999?pwd=ZmVpenJjYXYwZWxqakVLZmVxVUowdz09</a> Meeting ID: 981 5472 8999 Passcode: 894477</p>
<p>Managing anxiety and the impact of threat</p>		<p><b>Date and Time TBA</b> Topic: Managing Anxiety and the Impact of Threat</p> <p>Join Zoom Meeting <a href="https://zoom.us/j/99319581640?pwd=L3ZodlpYUjdVZ1RNR1dOV2ZFaWlJUT09">https://zoom.us/j/99319581640?pwd=L3ZodlpYUjdVZ1RNR1dOV2ZFaWlJUT09</a> Meeting ID: 993 1958 1640 Passcode: 464860</p>
<p>Managing low mood</p>		<p><b>Date and Time TBA</b> Topic: Managing Low Mood</p> <p>Join Zoom Meeting</p>

Exploring  
Resources for  
Managing  
Minor  
Difficulties  
with  
Breathlessness

<https://zoom.us/j/93688519784?pwd=cDFTbDBWTmZRcFlyWkINMTdoSS9WUT09>

Meeting ID: 936 8851 9784

Passcode: 889276

**Date and Time TBA**

Topic: Exploring Resources for Managing Minor Difficulties with Breathlessness

Join Zoom Meeting

<https://zoom.us/j/95497766347?pwd=UUIxTW9Vdm5EU2FtOUtuamkyOHNZZz09>

Meeting ID: 954 9776 6347

Passcode: 782046