

Title: Coping in the Aftermath of COVID 19 Pandemic: How to Navigate Mental and Emotional Challenges

Preferred delivery: Virtual

Session Type: Preferred Session Length: 50 Minutes

Main Presenter and Contact Person Information

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Session Description

Overview: This workshop will discuss strategies to help recognize and manage the mental, emotional, and physical health challenges of students, staff, and faculty may also encounter after the pandemic. It will delineate symptoms and suggest resources and coping strategies It will discuss health and wellness and their importance in self-care. Audience participation is encouraged.

Learning Objectives: Participants will:

1. Gain knowledge of pertinent mental health, physical health, socio-emotional, and behavioral issues following a major pandemic
2. Understand the importance of self-care
3. Recognize signs of depression, anxiety, and other mental health issues

4. Have strategies and resources to manage and cope with the mental, emotional, social, cognitive, and physical health challenges

Program Assessments:

1. Participants will be able to identify 3 major mental health, emotional, and behavioral issues
2. Participants will create a toolbox of self-care strategies
3. Participants will be able to articulate 2 to 3 signs of depression, anxiety, and other mental health issues
4. Participants will be able to identify at least 3 resources relevant to mental health, physical health, and socio-emotional

Target Audience: College Students, Staff, and Faculty

Relevance to Conference Theme: The importance of a presentation on navigating mental and emotional challenges is relevant to making excellence inclusive (the conference theme).

Abstract

The workshop presenters will discuss strategies to help recognize, manage, and cope with the mental, emotional, and physical health challenges of students, staff, and faculty may encounter in the aftermath of the COVID-19 Pandemic. They will focus on depression, anxiety, fear, anger, sadness, worry, numbness, frustration, and signs of distress such as difficulty sleeping, concentrating, and making decisions. As clinical mental health clinicians and educators, the presenters will discuss health and wellness and the importance of self-care and coping strategies with a focus towards excellence. The workshop will be grounded in real cases and experiences of the presenters and provide opportunities and safe spaces for the participants to share their stories. Resources will be provided and shared. Audience participation is strongly encouraged but not required.

- 125-word bio statement for each presenter

aretha marbley

Dr. aretha faye marbley is a Professor, Director of Clinical Mental Health Counseling in Counselor Education, the Diversity, Equity, and Inclusion (DEI) Scholar in Residence and AACTE Holmes Program Coordinator in the College of Education, and a former Interim Director of Women and Gender Studies at Texas Tech University. She is an academic counselor and a critical humanist, womanist educator, storyteller, activist, servant, morally engaged researcher, and transdisciplinary scholar with a commitment to helping people and communities. Her scholarship focuses on critical global multicultural-social justice activism, organic connections, and literacy advocacy across cultures, social structures, and social identities in mental health and communities. She has received numerous awards including national human rights, social justice, anti-oppression, and multicultural research.

Brian Hicks

Brian A. Hicks serves in two roles at Western Governors University, as Senior Program Mentor-Faculty Experience and as Deputy Chair for the Student Conduct Board (Student Conduct Office). He has served as President of the Piney Woods Counseling Association where he is currently serving as Parliamentarian and Co-Technology Officer. He has completed a Master of Science in Counseling Psychology (Tarleton State University) and is currently a Doctoral Candidate in the Counselor Education program at Texas Tech University while pursuing professional licensure in counseling. He has presented at local, state, and national levels including the Texas Counseling Association and the American Counseling Association where he has volunteered in various service roles and on committees over the past six years.

Melissa Galica

Melissa Galica is a Licensed Professional Counselor and a doctoral candidate at Texas Tech University. She received her master's degree in counseling education from Texas Tech University. She also received degrees in Sociology and Women's and Gender Studies, from Texas Tech University. She is the proud owner of Grannus Counseling, PLLC. Melissa's research interests and agenda include feminism and feminist therapy, graduate academic struggle, post-postpartum mental health, and LBGTQIA+ mental well-being.

Keegan Trussell Bio

Keegan holds an LPC license in Texas and specializes in Veterans, first-responders, trauma victims, and PTSD. She is trained and actively engages in EMDR therapy with these clients who suffer from PTSD. Lastly, she is a Certified Complex Trauma Provider (CCTP-II). After receiving her master's degree in Mental Health Counseling at Tarleton State University, Keegan is now working on her doctorate at Texas Tech University in Counselor Education. During her time as a doctoral student, she has presented multiple workshops on issues related to multiculturalism and ethical considerations when working on social justice issues.