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ConneXions

Connecting the dots with an interdisciplinary approach



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WEBINAR – 08

LOCKDOWN AND POST-LOCKDOWN EFFECTS ON PSYCHOLOGICAL SERVICES

Wednesday, June 10, 2020 | 5pm to 6pm IST

SPEAKERS



Prof. Shalaka Shah
Faculty - Organizational Psychology,
FLAME University



Prof. Sairaj Patki
Faculty - Clinical Psychology,
FLAME University



Prof. Deepa Bapat
Faculty - Neuropsychology,
FLAME University



Dr. Shalaka Shah

***"After Lockdown Stories"
Home Pajamas or Office wear?***

Home pajamas: WFH during lockdown (-)



**Only 32% of employees could achieve WLB
- Global survey by Willis Towers Wattson**

Home pajamas: WFH during lockdown (+)



Office wear: WFH after lockdown?

Personal level

- Physical distancing shall affect social interactions
- WFH continue with some days on-site work
- Reorganizing work-life responsibilities - availability of resources at work and at home, help available at home and at work



Office wear: WFH after lockdown?

Organizational level

- **Dealing with socio-emotional deficiencies:** motivation, low confidence, anxiety, communication changes
- **Organizational Psychologists role:** assessments, testing plan, administration of tests and in depth interviews , online counselling/therapy



Rewriting our stories.....

We must **DARE** to cope with the changes...

Deal with the economic grief: estimate the business losses, livelihood losses, financial audit to reach stability.

Attitude: converting challenge into opportunity, focus on strengths, compensate for weaknesses.

Restructuring priorities, restructure work design to suit meagre resources. revised goal-setting.

Exercise human potential and focus on competencies required to manage ourselves in this crisis. E-counselling services are the need of the hour.

Work-life audit shall help employers in gauging the current mental state of employees, understanding their needs and catering to those needs.



Dr. Sairaj M. Patki

"How may I help you ... now?"
Therapy in the Post-Lockdown World

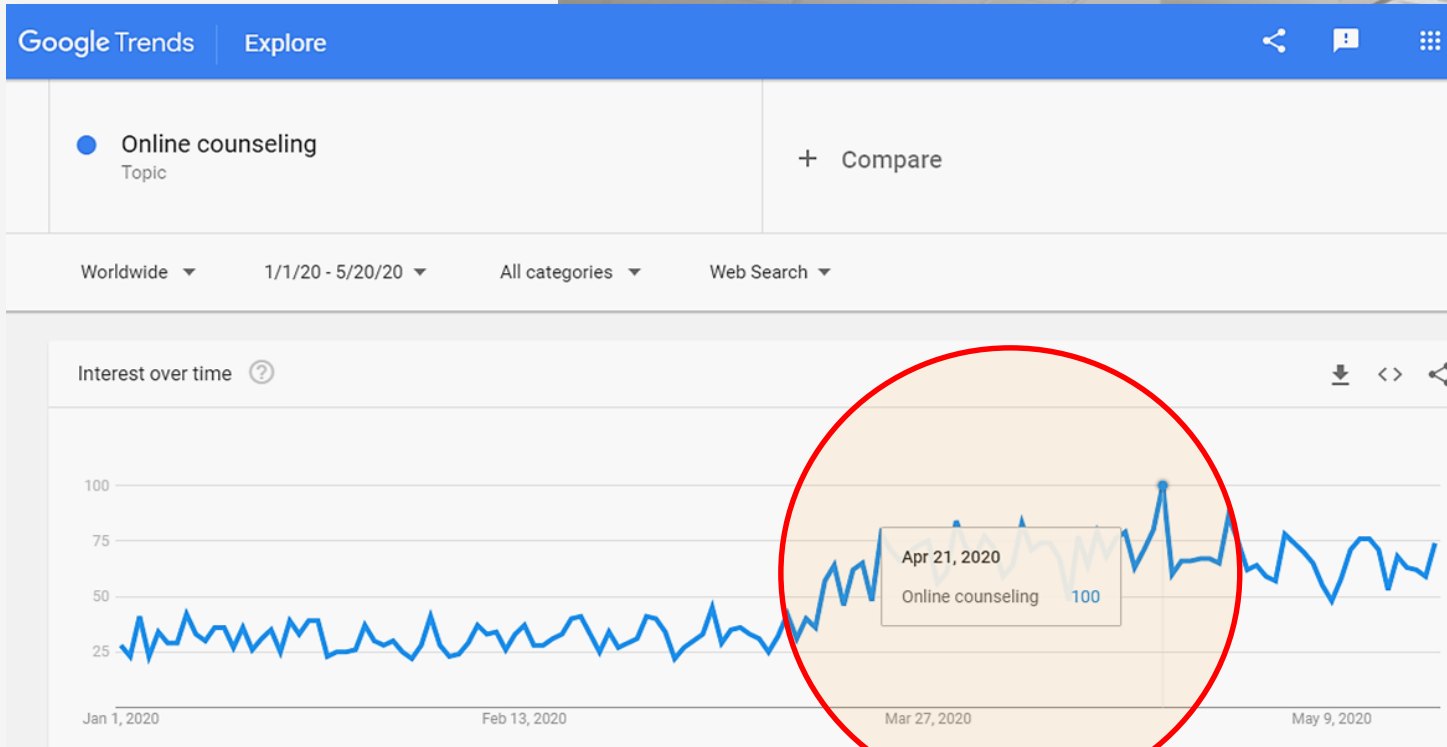
Basic Conditions for Therapy

- **The therapeutic relationship**
- **The “ideal” therapeutic conditions**
 - *Physical conditions*
 - *Interpersonal conditions*

- **Effectiveness of therapy**

Extratherapeutic factors (40%), Therapeutic relationship (30%), Expectancy (15%), Techniques (15%) (Lambert, in Flanagan & Flanagan, 2004)

Current Status due to COVID-19



Current Status due to COVID-19 ...

- **Delivery of therapy**
 - *Computer-mediated counselling / therapy*
 - *AI-based therapy chat-bots*
- **Attitude towards mental health**
 - *Online counselling leading to acceptance of face-to-face counselling*

Challenges of Online Therapy

- **Technical issues**
- **Philosophical issues** – *Do we “Click” with tech*
- **Ethical issues**
- **Cultural differences in global therapy**
“Not just Time Zone Differences”

Online Therapy – The Way Forward

- **Changing clientele needs**

Cyber bullying, cyber infidelity, self-trolling, catfishing etc.

- **Counselling 2.0**

Training of counsellors / therapists

e.g. Case Study Group of the International Society for Mental Health Online (ISMHO)



Dr. Deepa Bapat

*Telehealth in neuropsychological
practice: navigating uncharted waters*

Neuropsychology

Image:
Freepik.com



- Study of brain-behaviour relationships
- Primary population of interest
 - Individuals with ***cognitive impairment*** secondary to
 - Neurological insult
 - Dementia, stroke, traumatic brain injury
 - A psychiatric condition
 - Anxiety, depression

Neuropsychology: typical referrals

ASSESSMENT

Differential diagnosis

Identification of strengths
and weaknesses

Determine ability to return
to work

INTERVENTION

Rehabilitation

Behaviour management

Strengthening cognition

Improving quality of life

Advisory

Aiding other clinicians

Guidance re: goals

But is neuropsychology an essential service?

- Clarifying diagnosis
 - Determines appropriate treatment
- Window for when rehabilitation gains are maximal
 - First 6-months post-injury
- Trouble understanding and adhering to COVID-19 guidelines
 - Behavioural issues



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Sample vignette

So do you know why you are meant to stay at home?

- Yes yes. Some coronavirus.

Few hours later ...

Do you know why you are meant to stay at home?

- I don't really know. My wife just doesn't let me go out.



Image: Freepik.com

Impact of COVID-19

- Face-to-face services may be limited
- Access (and pleasantness!) issues despite services running
- Elderly individuals at increased risk



TELECONSULTATION AS THE WAY FORWARD

Teleconsultation challenges for neuropsychological practice

ASSESSMENT

- Reliant on stimulus books and materials like blocks etc.



Image: pearsonclinical.in

INTERVENTION

- Maintaining client's attention
- Navigating telehealth platforms

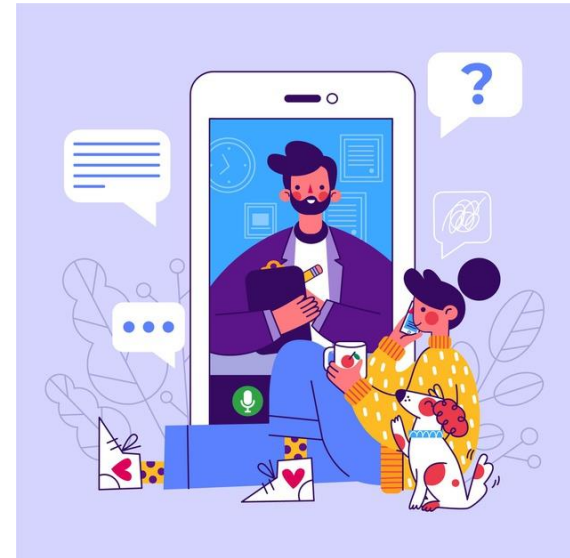


Image: Freepik.com

Teleconsultation opportunities for neuropsychological practice

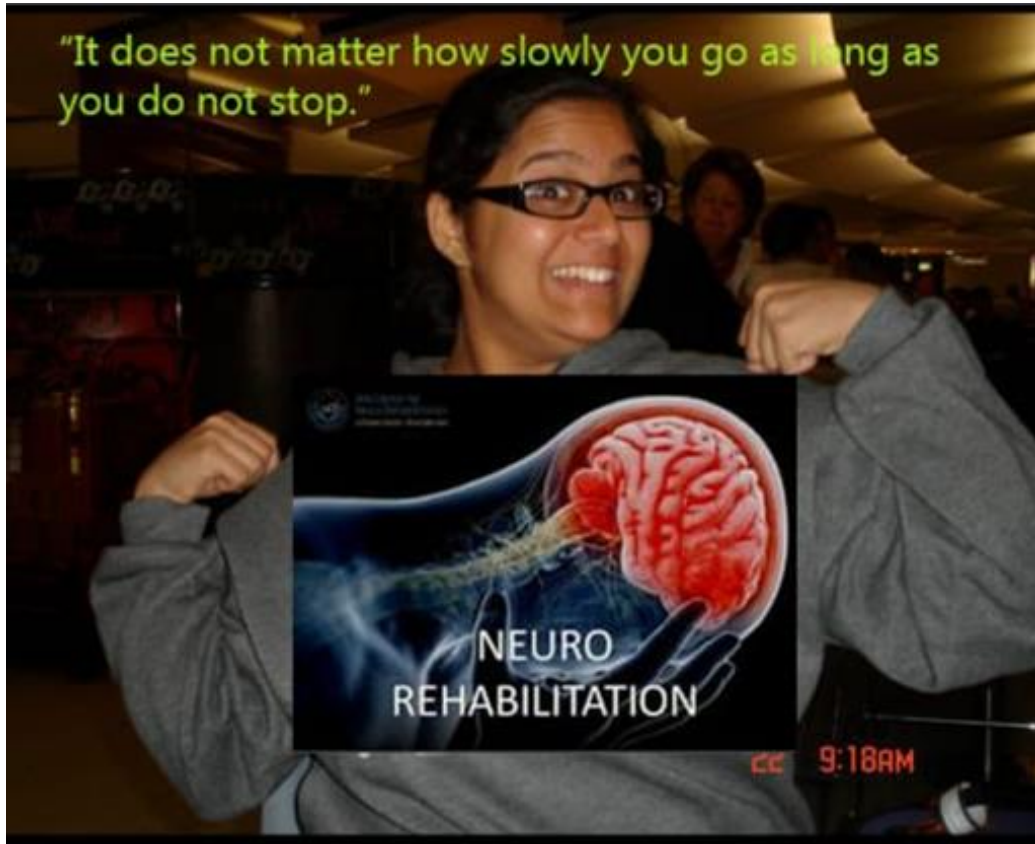
ASSESSMENT

- Triaging assessments
- Increased use of verbal screens and questionnaires
- Opportunity for follow-up
- Set systems in place to increase access by rural populations

INTERVENTION

- Family also at home
 - Family engagement in the process
- Intervention can be offered more frequently
 - Easier to see results
 - Immediate feedback
- Psychoeducation

Other opportunities



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- Strengthen clinician-client relationships
- Great time to generate awareness
- Engage in research
 - Data-driven learning
 - Reflect on current practice



Thank you.

Website – www.flame.edu.in
Email – enquiry@flame.edu.in
Tel – 1 800 209 4567



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Tune in for our next webinar

WEBINAR - 09

**AN OVERLOOKED MEGATREND:
UNDERSTANDING CHINA'S BELT AND ROAD INITIATIVE
FROM INTERDISCIPLINARY PERSPECTIVES**

Saturday, June 13, 2020 | 7pm to 8pm IST

SPEAKER



Prof. Rafiq Dossani

**Academic Council - FLAME University
Director, RAND Center for Asia Pacific Policy;
Senior Economist; Professor, Pardee RAND Graduate School, USA
Ph.D. - Northwestern University, USA**

HOST



Dr. Roger Liu

**Faculty - Social Sciences, FLAME University
Ph.D. - Political Science,
University of South Carolina, USA**