

Reaching out to the wounds of health professionals

An online psychological support plan for health professionals involved in the current COVID-19 crisis¹

We are a group of analysts and psychotherapists mainly, but not solely, from a Jungian background, who have joined forces to offer free of charge psychological support to doctors, nurses and other health professionals currently engaged in a front line battle to treat COVID-19 patients in Italian hospitals.

Across a simple online connection, we can facilitate a safe and protected space where fears, conflicts, problems, and other emotions can be freely expressed. Together we can look for ways to enhance individual resources, and gain new insights to cope with overwhelming stress loads ensuing from work rhythms charged with contagion anxiety. Notwithstanding the limits set by the current emergency, solidarity and the wish to make our skills available to those who are in the forefront against the COVID-19 outbreak are at the heart of our call to action.

FORMAT

- 4 online sessions with dates and times to be agreed upon with the therapist
- 45 minutes per session
- Weekly, twice-weekly sessions subject to availability
- Free of charge

PLEASE FEEL FREE TO CONTACT US

[For health professionals \(doctors, nurses, etc.\):](#)

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[For therapists who want to participate:](#)

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SUPPORTED BY

IAAP International Association
for Analytical Psychology

¹ An initiative by Maria Giovanna Bianchi, Stefano Carpani, Roberto Grande, Antonio Lanfranchi, Monica Luci, Alessandra di Montezemolo, Eva Pattis Zoja, Chiara Tozzi.