

## Reaching out to the wounds of health professionals

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

Dear colleagues,

As analysts and therapists mainly, but not solely, from a Jungian background, we have joined forces to create the project “Reaching out to the wounds of health professionals”. An initiative that offers free of charge psychological support to doctors, nurses and other health professionals currently engaged in front line positions in the treatment of COVID-19 patients in Italian hospitals.

Our aim is to facilitate a safe and protected (online) space, which can serve as a container for their multiple emotions, conflicts, and problems. A place where, together, we can explore new ways to enhance their personal resources, and hopefully where they can gain new insights to cope with overwhelming stress loads ensuing from work rhythms charged with contagion anxiety. Although we are well aware of the fact that we cannot but offer a limited and emergency driven project, the moving spirit of this initiative is our wish to make our skills available to the community battling forefront against the COVID-19 outbreak.

Based on solidarity, and motivated by a common bond of shared humanity, our initiative has a spontaneous, transverse, and pluralistic nature; and it is offered free of charge. Stemming from the encounter between Jungian colleagues and supported by IAAP, (<https://iaap.org/2020/03/12/psychological-aid-for-victims-of-the-corona-virus-in-italy/>) it remains open to psychoanalysts and psychotherapists from every school, approach, and tradition.

For the time being, we are considering the following individual mode of intervention:

- 4 online sessions (+ 2 additional ones)
- 45 minutes per session
- Weekly or biweekly attendance
- Free of charge

The following Mode of Intervention Guidelines and a description of the Intervision Groups are meant only for interested psychotherapists.

Several colleagues have already chosen to participate. Please feel free to join us by writing to the email address at the end of this letter enclosing your: full name, title (psychologist/psychotherapist or psychiatrist/psychotherapist) professional association, telephone number, and email.

Of course, we look forward to hearing from you. In the meantime, please accept our best wishes in the hope that we will be able to go through this particular moment with steady spirit.

*Signed: Maria Giovanna Bianchi, Stefano Carpani, Roberto Grande, Antonio Lanfranchi, Monica Luci, Alessandra di Montezemolo, Eva Pattis Zoja, Chiara Tozzi*

**Please feel free to contact us:**

For volunteer therapists: [terapeutivolontari@gmail.com](mailto:terapeutivolontari@gmail.com)

For health professionals who want assistance: [contattopsicologi@gmail.com](mailto:contattopsicologi@gmail.com)