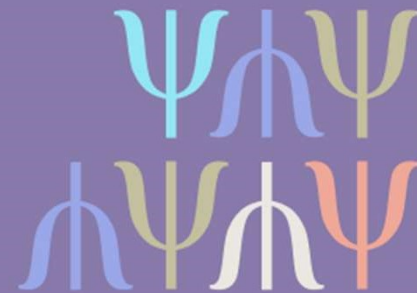
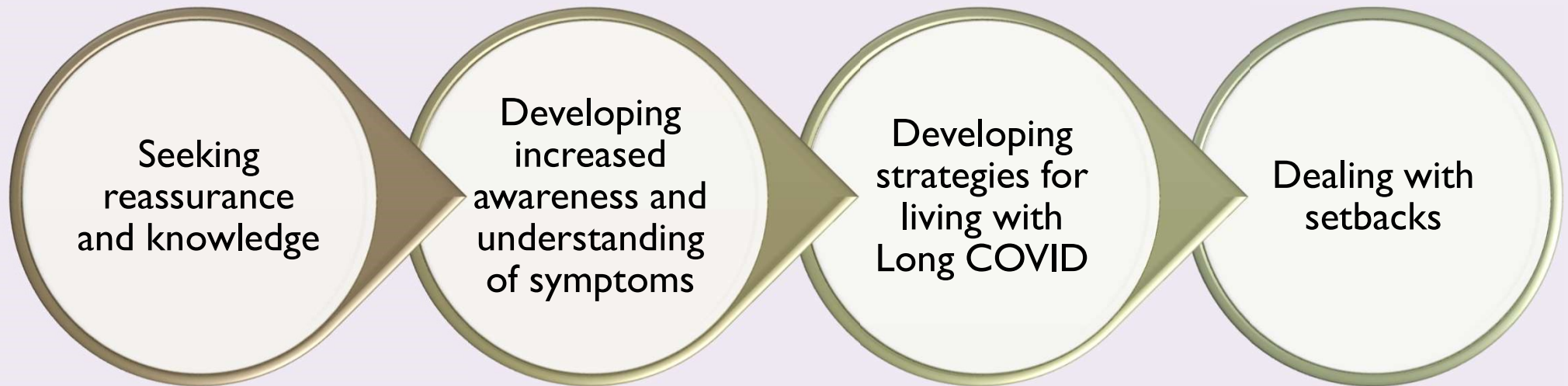


TARGETS FOR PSYCHOLOGICAL INTERVENTION



Seeking reassurance and knowledge

Understand the symptoms and how the individual perceives and understands them.

Provide validation of the experience of symptoms, especially when test results are normal or inconclusive. Eg. "A normal test does not mean that you are not unwell"

Provide information about the prevalence and duration of common symptoms of Long COVID.

Early referral to other allied health intervention if appropriate.

Consider linking to social support groups in the local community (if available).

Discuss managing exposure fatigue and possible distress when interacting with online communities.



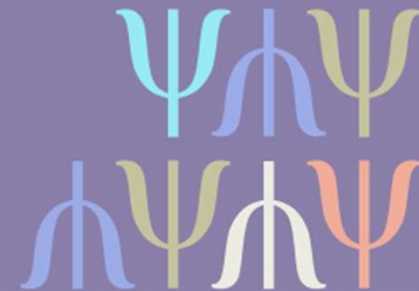
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Developing increased awareness and understanding of symptoms

Validation:
"Everyone experiences Long COVID a little bit differently, so it's important to find an approach that works for you."

Explore resources for self-monitoring (smart watch, diary, wall chart)

Be mindful of the balance of self-monitoring and hypervigilance to symptoms and triggers.

Explore mind-body linkages.



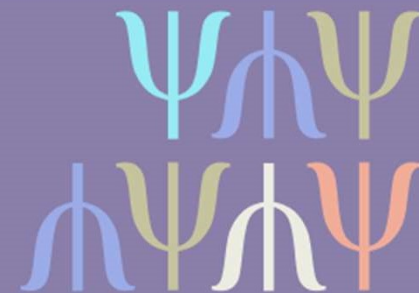
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Acknowledge a person's attempts to find what works for them.

Enhance use of helpful coping strategies – highlight successes.

Emphasize participation in meaningful and joyful activities, as well as social connections.

Explore timing of return to work or change of career.

Offer realistic hope for recovery and for overcoming symptoms.

Build acceptance as an active stance that allows the person to take action on what is possible related to where they are at in their recovery.



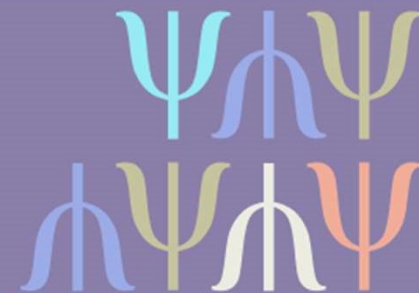
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Dealing with setbacks

Validate cyclical nature of recovery.

Focus on previous successes.
“We’ve been here before, and you’ve gotten better”

Provide evidence-based psychological therapy for any relapse in psychological disorders.

Review needs for enhanced allied health support.



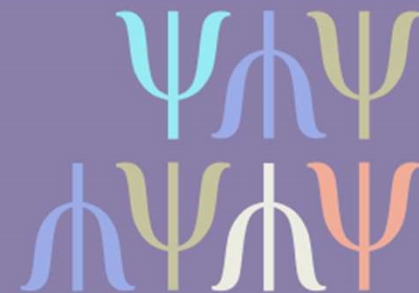
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ACCEPTANCE AND COMMITMENT THERAPY



Triflex model of psychological flexibility ([Hayes et al., 2011](#)).



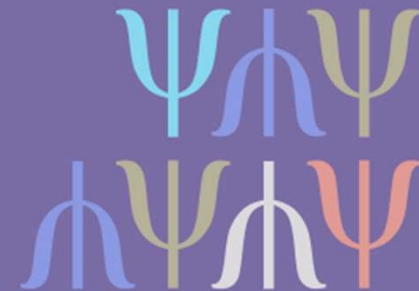
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Encouraging openness to experience

- Differentiate the thoughts and feeling about the symptoms from the symptoms themselves.
- Identify attempts to suppress unwanted emotions, thoughts, memories and bodily sensations.
- Determine the level of acceptance of symptoms.
- Explore what is in their control and what is out of their control.



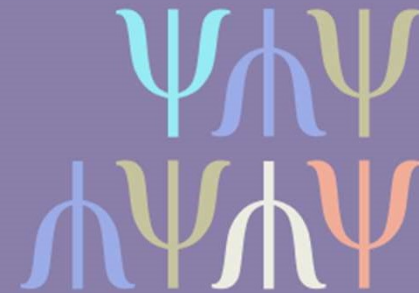
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Awareness of the present moment

- Promote awareness of thoughts, feelings, sensations and being in the present moment.
- Explore limiting beliefs resulting from comparisons with pre-COVID self.
- Encourage focus on increasing awareness of times they have felt 'better' or when symptoms are stable.



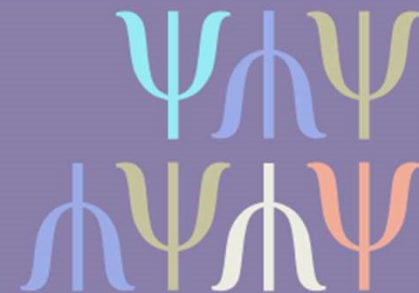
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Engaging in valued actions

- Identify values: “What is most important to you about how you live?”
- Explore the flexible nature of values-based living
- Setting goals in line with values: “What small thing might you do today that is in line with X value?”



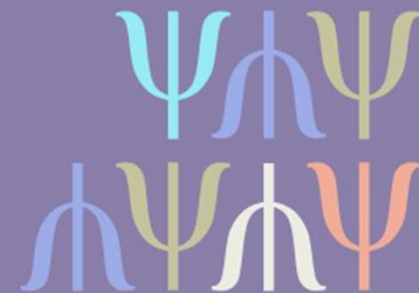
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OTHER INTERVENTIONS

Compassion-Based Approaches

Unified Protocol for Long COVID

CBT

MBSR

Supportive counselling

Grief therapy

Sleep interventions



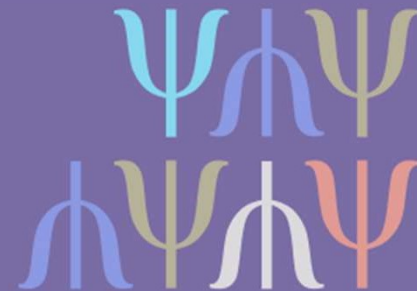
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RESOURCES

- Clinic Nineteen Telehealth Clinic: <https://clinicnineteen.com.au/>
- Long COVID Support Australia: <https://www.longcovidsupportaustralia.com.au/>
- NHS webpage about Long COVID: <https://www.nhs.uk/conditions/covid-19/long-term-effects-of-covid-19-long-covid/>
- Facebook group Long Covid Support Australia: <https://www.facebook.com/groups/301101014574843/>
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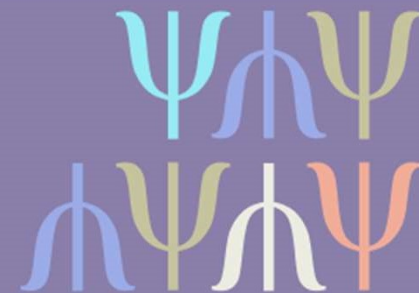
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