

Self-Care Procedure for Coronavirus (SCP-C)

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This procedure can be used once by a therapist, or first responder, and then becomes a self-care procedure to be used as needed.

The SCP-C for Coronavirus can be used when a client presents with the following concerns:

- “I AM AFRAID I MIGHT GET THE VIRUS”
- “I AM AFRAID I HAVE THE CORONAVIRUS”
- “IT IS MY FAULT THAT I INFECTED OTHERS”
- “I WILL HAVE NO MONEY”
- “I AM ALONE OR ISOLATED”

SCP-C Basic Concepts

1. Negative Thoughts: these thoughts lead to a negative, strong, exaggerated, emotional states. They are associated with a negative feeling.

Type I Negative Thoughts associated with feelings of anxiety, helplessness, panic, fear of future, anger, isolation such as

- *“I cannot handle this.”*
- *“I am not in control”*
- *“I am helpless”*

Examples of client’s statements:

- “I am worried that I (my family and/or friends) will become ill,” - Anxiety
- “I feel sick” and/or “I have fever - Anxiety
- “I am going to die.” Anxiety, Panic
- “It is overwhelming” “I cannot stand it” - Anxiety
- “The government and health department are at fault for not doing enough” - Anger
- “The government and health department are at fault for doing too much (ordering isolation/quarantine)” - Anger
- “The Chinese are to blame for coronavirus” - Anger
- “I will have no money” - Anxiety
- “I cannot handle being in isolation/quarantine” - Helplessness, Anxiety, Anger
- “It is not fair” – Anger, Helplessness

Type 2 Negative Thoughts associated with feelings of guilt, inadequacy, shame, regret such as

- *“It is my fault that my family/ friends got COVID-19”*
- *“I did something wrong”*
- *“I should have known better*

Examples of client’s statements

- “It is my fault I got (could have gotten) coronavirus” - Guilt
- “It is my fault my family and friends got (could have gotten) coronavirus” - Guilt
- “It is my fault that I did not buy enough sanitation alcohol, toilet paper,” - Inadequacy, guilt
- “I should have put all my money in bonds/gold when the virus started in China” -Regret

2. Positive Thoughts: these thoughts do not feel true at first. After SCP-C they feel true and are associated with positive feelings.

Tapping in SCP-C refers to Rapid Alternating Bilateral Tactile Stimulation and can calm a person with its use.

Because the Coronavirus is contagious, we do not want the clinician or first responder touching clients

Tap rapidly 1-2 passes per second or 60-120 passes per minute. One pass = right tap then left tap.

If the client is on a telephone without being able to see you visually, tap your phone rapidly so the client hears the tapping:

Note: There is research evidence that tapping produces a relaxation response in clients and helps them process difficult experiences and reach a new balance.

SCP-C Script

Step 1: Introduction

Goal: To introduce yourself to the client

Say, “*My name is _____* (state your name).”

Say, “*I’m here to help you.*”

Say, “*What is your name?*”

Say, “*Can you tell me in a few sentences what is your concern?*”

Step 2: Preparation

Goal: To introduce the SCP-C to the client.

Say, “*There is a procedure that uses Tapping that has helped other people and I think will be helpful for you.*”

You can do it, by tapping on your knees or shoulders. When you tap on your shoulders, it is called the Butterfly Hug. Cross your arms and put your right hand on your left shoulder, and your left hand on your right shoulder.

When you tap on your knees rest the heel of your hand first then lightly tap with your fingers

I will demonstrate and tap along with you.”

Say, “*Tap with me, alternating right to left, on your knees or do the Butterfly Hug.*

The tapping will help you feel calmer. Is this ok with you? I will continue, unless you tell me to stop.

At any time during our work, you can tell me to stop or raise your hand to indicate you want to stop.”

Step 3: Assessment:

Goal: To specify and clarify the client’s issue

Say, “*While thinking of your concern _____* (stated during introduction) *with the coronavirus, what are your negative thoughts? I’ll go over the list:*

Say, “*Is it?*”

Type 1 Negative Thought:

If it is associated with negative feelings of anxiety, helplessness, panic, fear of future, anger, and/or isolation such as:

- “*I cannot handle this.*”
- “*I am not in control*”
- “*I am helpless*”

Type 2 Negative Thought:

If it is associated with negative feelings of guilt, inadequacy, and/or regret such as:

- *“It is my fault that family/ friends got COVID-19”*
- *“I did something wrong”*
- *“I should have known better”*

SUDS (Subjective Units of Disturbance Scale)

Say, *“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”* _____

Step 4: Stabilization

Goal: To recognize and communicate the client’s ability to handle anything that may happen.

Stabilization is done by using alternate bi-lateral tapping while hearing/saying a positive thought.

Note: To emphasize that SCP-C is to be only used relating to coronavirus. If other past illness or memories come up direct them back to their coronavirus issue. If they keep returning to past traumas, then stop CPS-C and refer to EMDR Therapist.

Type I Positive Thoughts

These are related to resolving feelings of anxiety, helplessness, panic, fear of future, anger, isolation.

Say, *“Start tapping.”*

While client is tapping for about one minute say these sentences often:

Say, *“You can be in reasonable control of what you can be in control of.”*

Say, *“You can learn to deal with this.”*

Say, *“You can learn to have options within the framework you are now living.”*

After about one minute,

Say, *“Take a breath. Let it go.”*

Continue saying the 3 phrases in one-minute segments over 5 minutes then check the SUDs.

Say, *“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”*

If the SUDs = < 4, go to Step 5: Closure

If the SUDs = 4 or more continue with the supportive phrases.

While tapping for a minute, use the phrases from the list below. Some will apply more directly to different concerns.

Say, *“The alternating tapping will help reduce your anxiety.”*

Say, *“When you are calm, as you are now, it strengthens your immune system to help you heal”*

Say, *“You can be in control of what you can be in control by following the government and health ministry/department recommendations.”*

Say, *“Being in isolation (alone) is being in control of what you can be in control of preventing you from being infected or infecting others.”*

If people are symptomatic:

Say, *“The fever you have indicates that your body is fighting the virus.”*

Say, *“Take a breath. Let it go.”*

Say, *“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or*

neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"

If the SUDs = < 4, go to Step 5: Closure

If the SUDs = 4 or more continue with the supportive phrases.

Say, ***"Start tapping"***.

While client is tapping for about one minute say these sentences often:

Say, ***"You can be in reasonable control of what you can be in control of."***

Say, ***"You can learn to deal with this."***

Say, ***"You can learn to have options within the framework you are now living."***

After about one minute,

Say, ***"Take a breath. Let it go."***

Continue saying the 3 phrases in one-minute segments over 5 minutes.

Say, ***"Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"***

No matter what the SUDs, go to Step 5: Closure

Type 2 Positive Thoughts

These are positive thoughts related to resolving feelings of guilt, inadequacy, and/or regret.

Say, ***"Start Tapping"***.

While client is tapping for about one minute say these sentences often:

Say, ***"You did the best you could with the information you had then."***

Say, ***"You can learn from this now."***

Say, ***"Whatever happened, happened and you can deal with this from this moment onward."***

Continue saying the 3 phrases in one-minute segments over 5 minutes.

After about one minute

Say, ***"Take a breath. Let it go."***

Continue this for about 5 minutes

Say, ***"Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"***

If the SUDs = < 4, go to Step 5: Closure

If the SUDs = 4 or more, continue with the phrases below:

While tapping for a minute say the following phrases from the list below. Some will apply more directly to different concerns. You can either read them all or select the ones that seem most relevant:

Say, ***"You did the best you could with the information you had then."***

Say, ***"We now know that clients who have no symptoms can be infectious, so there was no way you could have prevented this."***

Say, ***"It takes time to internalize all the instructions of social distancing and special hygiene measures".***

Say, ***"Whatever happened, happened and you can deal with this from this moment onward."***

Say, ***"Please tell me how disturbed you are feeling now on a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"***

If the SUDs = < 4, Go to Step 5: Closure

If the SUDs = 4 or more continue with the following phrases.

Say, ***"Start tapping"***.

While client is tapping for about one minute say the following sentences often:

Say, ***"You did the best you could with the information you had at the time in the past."***

Say, ***"You can learn from this now"***

Say, ***"Whatever happened, happened and you can deal with this from this moment onward."***

After about one minute, say the following:

Say, ***"Take a breath. Let it go."***

Continue this for about 5 minutes

Say, ***"Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"***

No matter what the SUDs go to Step 5: Closure

Step 5: Closure

Goal: To reinforce Positive Thoughts. To give information about follow-up.

Type 1 Positive Thoughts:

Repeat the positive thoughts which were helpful to the client, or any other thoughts which came up during stabilization. Suggest writing them down and use with tapping any time the client needs it.

Say, ***"If you like, you can write these positive thoughts down and use them with tapping any time you need."***:

Say, ***"You can be in reasonable control of what you can be in control of."***

Say, ***"You can learn to deal with this."***

Say, ***"You can learn to have options within the framework you are now living."***

Type 2 Positive Thoughts:

Say, ***"If you like, you can write these positive thoughts down, or any other thoughts which came up during stabilization. and use them with tapping any time you need."***:

Say, ***"You did the best you could with the information you had at the time in the past."***

Say, ***"You can learn from this now."***

Say, ***"Whatever happened, happened and you can deal with this from this moment onward."***

Tapping alone reduces distress providing a true positive thought: "I can learn to deal with this"

Say, ***"If you find your distress returns, do more Tapping."***

If the distress continues, you can contact an EMDR Therapist.

Contact information of EMDR Therapists Trauma Recovery or others who can help (Hotlines Clinics Therapists)

Say, "*Would it be OK for us to contact you in about a month to see how you are doing?*"

If the client agrees, take down his/her information:

Name: _____

Telephone #: _____

DISCLAIMER: This document is intended for the use of trained professional health providers only. It is being offered to the general public as a service in light of the global COVID-19 health crisis to assist in the decrease of stress related to the Coronavirus only. In the event that you are experiencing overwhelming negative feelings related to stress or any other psychological issues, it is strongly recommended that you contact your health care provider immediately. The author makes no guarantees, either expressed or implied, regarding the efficacy of the treatment procedures contained herein and makes no guarantee that following the guidelines herein will provide effective treatment for symptoms of stress or any condition related thereto. However, preliminary results show promise in helping decrease the stress people feel concerning the Coronavirus. This procedure relates solely to situations related to the current Coronavirus crisis and should not be used to deal with any other types of previous psychological trauma.