





COVID-19: Understanding the Disease and Mitigating the Psychosocial, Emotional and Behavioural Impact Workshop

On the 23rd and 24th of February 2022 ComTALK International in collaboration with the U.S. Embassy Port of Spain, hosted its fourth virtual workshop entitled “***COVID-19: Understanding the Disease and Mitigating the Psychosocial, Emotional and Behavioural Impact***”.




The objectives of the workshop were to:

1. increasing participants’ knowledge and understanding about the clinical and medical dimensions of COVID-19.
2. develop awareness about the psychosocial, behavioural and emotional impact of COVID 19 on individuals, families, and communities.
3. equip participants with strategies and tools to successfully navigate, cope and manage stressors, anxiety and behaviours related to the COVID-19 Pandemic and to sensitize about supportive measures available.

DAY 1 dealt with topics like:

-  What is COVID? (*Origins, how it is transmitted, symptoms, variants, diagnosis*)
-  COVID Prevention and Treatments (*types of treatments, vaccines, how vaccines are developed, boosters, side effects, safety and effectiveness, myths and misconceptions about vaccines*)
-  Importance of Boosting Holistic Immune Health and Changing Lifestyles for Optimal Health Outcomes
-  Testimony of a COVID Survivor

DAY 2 covered topics such as:

-  COVID-19 Related Mental and Emotional Stress, Anxiety and Depression
-  Coping Strategies for Enhancing Well-being and Resilience
-  The Behavioural Dimension and Impact of COVID-19

- ✚ COVID-19- Mitigating the Psychosocial and Emotional Impact on Individuals, Families and Communities- Services and Measures available from the Government
- ✚ The Role of NGOs in Mitigating the Impact of COVID-19 on vulnerable and marginalized groups

Our Facilitators were experts and practitioners from the Eastern Regional Health Authority, The Trinidad and Tobago Medical Research Foundation, National Family Service Division in the Ministry of Social Development and Family Services, the field of Behavioural Science/Medical Sociologist and NGOs. The workshop consisted of quizzes, videos, interactive sessions, games and activities and was attended by over 50 fifty participants.

Comments and feedback on the workshop included:

“Very apt and timely initiative”

“I appreciated the many educational presentations in the two-day workshop”

“I am grateful for yet another 2 days presentation. Some information was reiterated and the rest was clarification. Looking forward to receiving another invitation via email”

“This course was a very informative session I indeed learned a lot”