



## **BRIEF TELEPSYCHOLOGY THERAPY FOR STRESS RELATED TO COVID-19**

The MU Psychological Services Clinic is offering ***Skills for Psychological Recovery*** (SPR) Telepsychology services to help **adults and children** cope with anxiety and stress related to the COVID-19 crisis. This program is brief, lasting from 1 to 5 sessions. All sessions will be delivered via telepsychology (videoconferencing or telephone).

### **Who is appropriate?**

This program is designed to help children and adults cope with acute distress and is not intended to treat more chronic mental health problems.

### **What is involved?**

Clients will meet with therapists via video or phone for 1-5 sessions to focus on skills that have been found helpful in a variety of stressful or traumatic situations. These skills are especially relevant to helping individuals cope with the stress, uncertainty, and social isolation that the COVID-19 emergency presents. Skills include problem-solving, positive activities scheduling, managing reactions, helpful thinking, and building healthy social connections. Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan, and is culturally informed. SPR aims to facilitate recovery, support functioning, and prevent behaviors that make things more difficult.

### **Who is providing these services?**

SPR will be provided by staff clinicians and licensed mental health providers from the Psychological Services Clinic.

### **What is the cost?**

Clients with insurance coverage who receive services from licensed providers will pay their standard co-pay. For clients without insurance and clients seen by doctoral student trainees, the fee is \$20 per session (this fee is waived for clients with Medicaid). Need-based fee assistance and scholarships are available.

### **How do I refer someone?**

Please have clients call 573-882-5805 or visit our website: <https://psychology.missouri.edu/psychological-services-clinic> to request SPR services.