In sickness and health: the impact of COVID on couples, couples therapy, and couples therapists
with Katherine A. Prakken, PhD

This presentation will focus on the ways in which couples’ relationships have been impacted by living through the COVID global pandemic. Relational impacts will be considered through the lens of various couples therapy theoretical frameworks including the Gottman method. Pandemic impacts on couples therapists will be discussed including countertransference and burnout. There will be opportunity for participant questions and participation.

Fee: NCPA Members - $15.00; Non-members - $30.00
Instructional Level: Intermediate
Educational Format: Lecture and Discussion

Learning Objectives:
By the end of the institute, participants will be able to:

1. list two specific relationship impacts of the COVID pandemic,
2. describe COVID relational impacts on the practice of couples therapy; and
3. define at least two potential impacts on psychotherapists of clinical practice during a global pandemic.

Instructor:
Katherine A. Prakken, PhD is a clinical psychologist in private practice in Chapel Hill, NC. Dr. Prakken received her BA from Duke University, and her MA and Ph.D. from the California School of Professional Psychology, Berkeley. Early in her career, Dr. Prakken was a child psychologist specializing in sexual abuse and trauma. Dr. Prakken currently works in private practice with adults and couples. She treats anxiety, depression, and women’s issues with a specialization in eating disorders. She also works with adult ADHD, and couples impacted by ADHD. Dr. Prakken is a psychodynamic relational therapist who incorporates CBT and mindfulness into her work. She is interested in social justice, trauma and their impacts on mental health. Dr. Prakken enjoys doing clinical supervision and consultation. She is a member of NCPA, APA, APA Division 39, the Academy of Eating Disorders, and the International Academy of Eating Disorder Professionals.

Continuing Education Information:
This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:
To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.