



McGill

Faculty of
Medicine

Faculté de
médecine

Welcome to
‘Faculty Helping Faculty’
Fall 2020

In collaboration with the Academic Affairs Office,
Faculty of Medicine and Health Sciences,
and Telemachus Scholars Program



FHF Fall 2020 series

Wednesdays, 12-1pm

<https://www.mcgill.ca/medicine-academic/about/faculty-helping-faculty>

- Sept 2: A second look at psychological first aid
- Sept 16: Recognizing and managing personal stress and anxiety
- Oct 7: Ramping up, down and sideways
- Oct 21: Virtual teaching, virtual clinical work, virtual research and graduate student supervision
- Nov 4: Equity, diversity and inclusion
- Nov 18: Managing and supporting people in a pandemic and beyond
- Dec 2: Academics as activists



A second look at Psychological First Aid

Wednesday September 2nd, 2020

with Dr. Lisa Koski, Associate
Professor, Departments of Neurology
and Neurosurgery & Department of
Psychology (Professional)
McGill University



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APRIL 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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Psychological First Aid

- Helping people in distress so they feel calm and supported to cope better with their challenges
- Assisting someone to manage their situation and make informed decisions
- Normalizing worry and other emotions

AIMS

- Enhance sense of control
- Reinforce good personal choices, positive coping strategies
- Encourage to seek support from others in social network

CORE PRINCIPLES: 3 Ls



LOOK

- Give full attention
- Observe reactions



LISTEN

- Active listening
- Caring & showing empathy
- Identify SMART goal



LINK

- Practical assistance with
- Problem-solving
 - Help to access basic needs
 - Refer to other resources for further assistance

SEPTMBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Okay, I got this. I'm doing pretty well

- Got some writing done this summer
- Kids are back at school
- I've got the hang of zoom teaching
- Labs are opening and I can advance my research

WAIT.....

- This isn't over and it might get worse?
- How many weeks until the schools shut down again?
- Zoom teaching doesn't spark joy for me
- Hybrid teaching models are exhausting to maintain
- I don't have enough lab space to physically/temporally separate staff/students and achieve any kind of productivity
- Why am I so tired?
- How long am I expected to keep coping?

Some Recommendations

- Accept feelings as a normal reaction to an abnormal situation
- Understand risk vs. ambiguity
- Do not assume the blame for the pandemic's effects on your career: We are all in the same storm
- Plan and stick to a self-care routine
- Stay connected to social group: walks, play-reading, morning coffee
- Give and accept kindness
- Interventions
 - ACT : Psychological flexibility
 - Committed action based in values
 - Mindfulness, grounding in present moment

Small group discussion

- *What has worked so far, for supporting yourself, your colleagues, your students and staff through these times of extraordinary stress?*
- *What will you continue, what might you change as we begin this next phase?*