

## May 2020 – CSUR’s Non-Technical Webinar

### Resilience and Self-Care during a time of Collective Trauma



### Non-Technical Webinar Series

"Resilience and Self-Care  
during a time of Collective  
Trauma"

BY CYNTHIA J. LAMONT, MA,  
C.C.C. - REGISTERED  
PROVISIONAL  
PSYCHOLOGIST



Cynthia’s back! Cynthia’s back!

Just as we all need to focus on something different other than our normal daily routines in our individual lives, CSUR decided to turn their attention to a rather unique, yet very relevant topic. We decided to invite Cynthia Lamont back into the CSUR fold and have her deliver a talk on Resilience & Self Care.

The objective of the session was to provide our membership with tools, tips and strategies, from a psychological or medical perspective, to help deal with the unprecedented circumstances that we are all experiencing presently. Given Cynthia’s past involvement with our industry and her current role, she was able to relay a unique message and offer a multitude of ideas of how individuals may be able to cope or manage pressures from multiple sources while working from home for example.

Simple & basic strategies such as being mindful, taking regular breaks, setting daily goals, exercising, getting a good night’s sleep, taking a walk in nature, limiting exposure to media or at least obtaining credible information from select sources, maintaining boundaries to minimize anxiety, staying physically distanced but maintaining social contact for support & connection, and seeking professional help were all part of her message to the attendees. Cynthia also addressed the concepts of people under-responding versus over-responding to the current pandemic and how we could manage our own individual reactions in order to maintain composure & vigilance at the same time.

Many of the above concepts or practices are not new, as indicated by our speaker. However, as people experience trauma or anxiety, common sense typically goes out the window! Therefore, these are all excellent reminders on how one can achieve resiliency, support family, friends & colleagues, and be able to cope with adversity with ease, comfort & safety. Finally, Cynthia provided references and direction for individuals to contact (including herself) if needed or required.

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**ABSTRACT:** When a threat arrives, we tend to focus our initial attention on it. As we narrow our attention, the threat is magnified, and our sense of anxiety heightens.

Covid19 and the current energy crisis have brought into stark reality our individual and collective vulnerability. Our vulnerability is a fact. It is the truth. But it is not the whole truth. On the other side of our vulnerability is the truth of our deep resilience.

This session will provide an argument for the need for resilience and how to build that with self-care tools as we endure this collective trauma.

**PRESENTER:** Cynthia J. Lamont, MA, C.C.C. - Registered Provisional Psychologist

I had the honour of working in the meetings and events world for over 20 years. Most importantly five of those years were spent with CSUR as the Membership + Events Manager!

During this time, I pursued a Master of Arts in Counselling Psychology. In the Fall of 2019, I became a professional member of the Canadian Counselling and Psychotherapy Association possessing a Canadian Certified Counsellor (CCC) designation. I am also a Provisional Psychologist registered with the College of Alberta Psychologist.

Much like how I approached my role with CSUR, I continue to believe that success in counselling is a direct result of mutual respect and collaboration between my clients and myself. This new chapter in my life has been exciting, terrifying and, much like what we are all facing every day of our current life, it is unpredictable

During the week, I can be found at either of Journey Counselling's two offices in the NW and SE of Calgary. In my spare time, I enjoy practising yoga, reading and being a proud mom to my twins who will be starting University this fall!

Areas of Counselling Specialization: Anxiety, Couples Counselling, Depression, Trauma, Career and Job Concerns.

