

The Virtual Therapist Resource Guide

Digital Tools	Netflix Party <i>Watch Netflix remotely with friends</i>
	Annual Headspace Subscription <i>Free one year subscription to meditation app for anyone with NPI</i>
	Ivy Pay for Therapists <i>Credit card option tailor made for therapists / Use code: natr980 to receive \$1000 in free charges</i>
Trainings	PESI Online Telehealth Training <i>Free two-day online training. Use discount code "telefree". Normally \$400</i>
	Learn to Practice Telehealth from Home: Legal & Ethical Considerations <i>Free webinar / Use code: COVID</i>
	Gokhale Teleseminars - Going Stir Crazy? Exercise Breaks for Calm and Productivity <i>Teleseminar about battling fatigue while doing remote therapy</i>
	Creating Closeness at a Distance/Telemedicine and Experiential Dynamic Therapy <i>16-minute lecture on telemedicine by Susan Warren Warshaw</i>
	Sensorimotor Psychotherapy from a Distance Engaging the Body, Creating Presence, and Building Relationship in Videoconferencing <i>Free webinar on how to practice somatic psychotherapy when you can't be in the same room with your client.</i>
Readings	Sensorimotor Psychotherapy from a Distance by Pat Ogden and Bonnie Goldstein
	Using the Internet to Provide Psychodynamic Psychotherapy
Resources for Parents	My Epidemic Story: A Guided Activity Workbook for Children, Parents, Teachers and

	<p><u>Caregivers</u> <i>A simple and straightforward guide that encourages mental health, creative expression, learning and coping.</i></p>
	<p><u>Virtual School Day Toolkit</u> <i>Grade-specific concepts, online classes and practice questions, all free.</i></p>
	<p><u>Brooklyn Game Lab Livestreams</u> <i>Afterschool Programming now fully streaming online</i></p>
Things to Do While Quarantined	<p><u>450 Free Ivy League Online Courses</u></p>
	<p><u>Broadway Shows You Can Watch Online</u></p>
	<p><u>Hysterical Girl</u> <i>A documentary examining Freud's case of Dora</i></p>
Volunteer Opportunities	<p><u>Coronavirus Online Therapy</u> <i>Sign up to provide reduced-fee, time-limited therapy to first responders, healthcare professionals and services workers</i></p>
	<p><u>NYC COVID Worker Care Network</u> <i>Sign up to provide mental and emotional support to COVID frontliners</i></p>
	<p><u>NYC Department of Health</u> <i>NYC is looking for qualified health, mental health, and related professionals who are interested in supporting the state's response.</i></p>
Self-Care Resources	<p><u>Resilience in Challenging Times</u> Free digital care package from Sounds True to help you navigate the coming days with mindfulness, compassion, and presence</p>
Discussion	<p><u>Remote Psychodynamic Treatment Forum</u> <i>Forum to discuss psychodynamic frame in the face of working remotely and using technology</i></p>