



Therapy in the Wake of COVID-19:

Data Compiled from The
Couples Institute Survey

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Introduction

Greetings. This informal research project grew out of our commitment to support therapists during the lockdowns imposed by coronavirus. Since the inception of The Couples Institute, we have been dedicated to serving therapists and improving their expertise. We have done that for more than 30 years with trainings, conferences, workshops, books, and other multimedia resources.

So, when the COVID-19 Pandemic struck, our natural inclination was to ask ourselves, “How can we help?”



We ventured into this new territory by surveying colleagues like you about their biggest challenges and concerns.

Thank you for taking the time to respond.

The survey results will guide us as we move forward, offering whatever help we can. We promised to share the data. The rapid spread of the disease and the urgent conditions of health care workers has stunned people and filled the news. Our results would undoubtedly be different if we were conducting the survey this week. You might even think about your own responses and how they would have changed.

In any case, please accept this report with our gratitude — not only for taking the time to complete the survey, but more importantly, for your commitment to the field of therapy.

The COVID-19 Pandemic has spread turmoil, pain, and anxiety around the world in addition to the physical illness. Thank you for being a healer. We trust you are finding ways to care for yourself as well as for others.

With respect,

Ellyn Bader and Peter Pearson

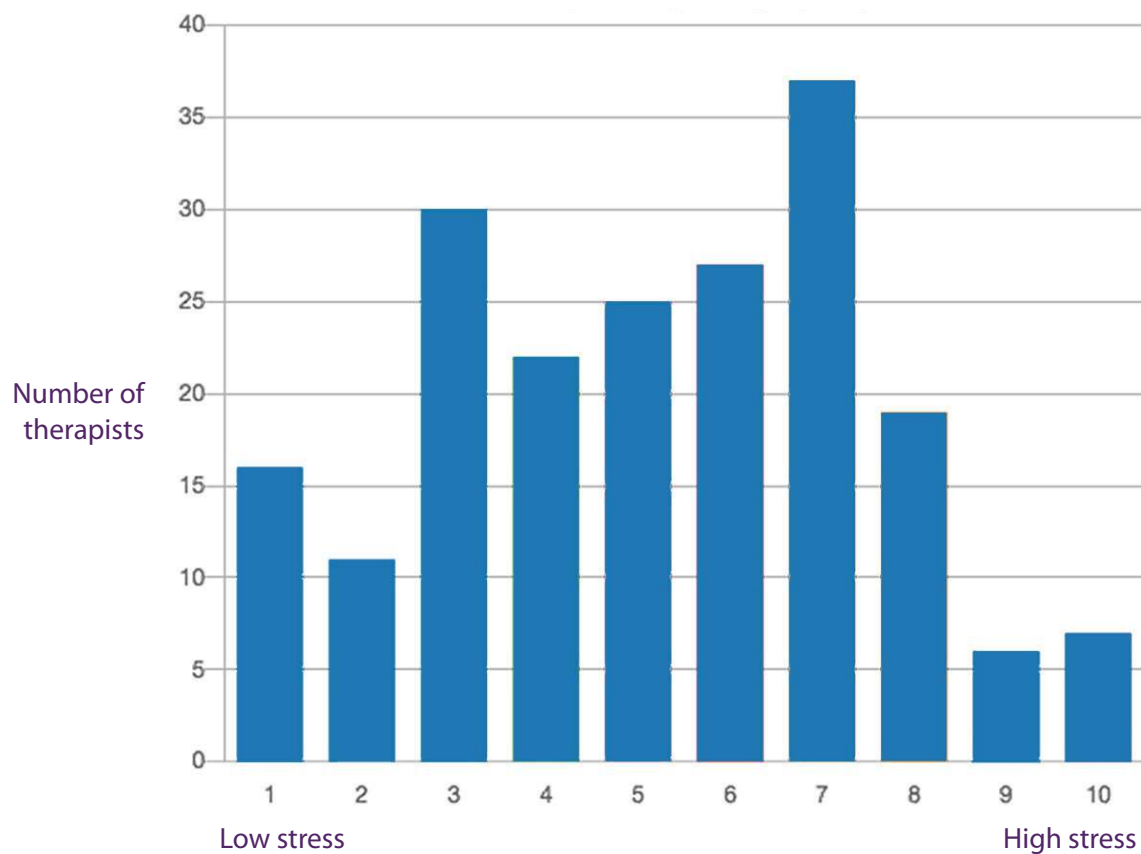
P.S. And if you'd like to join our Therapist Support Group on Facebook, please do. In this free private group, you will receive periodic free training, participate in live streams, virtual meet-ups, and connect with other therapists around the world 24 hours a day. [Click here to join.](#)

Therapy in the Wake of COVID-19:

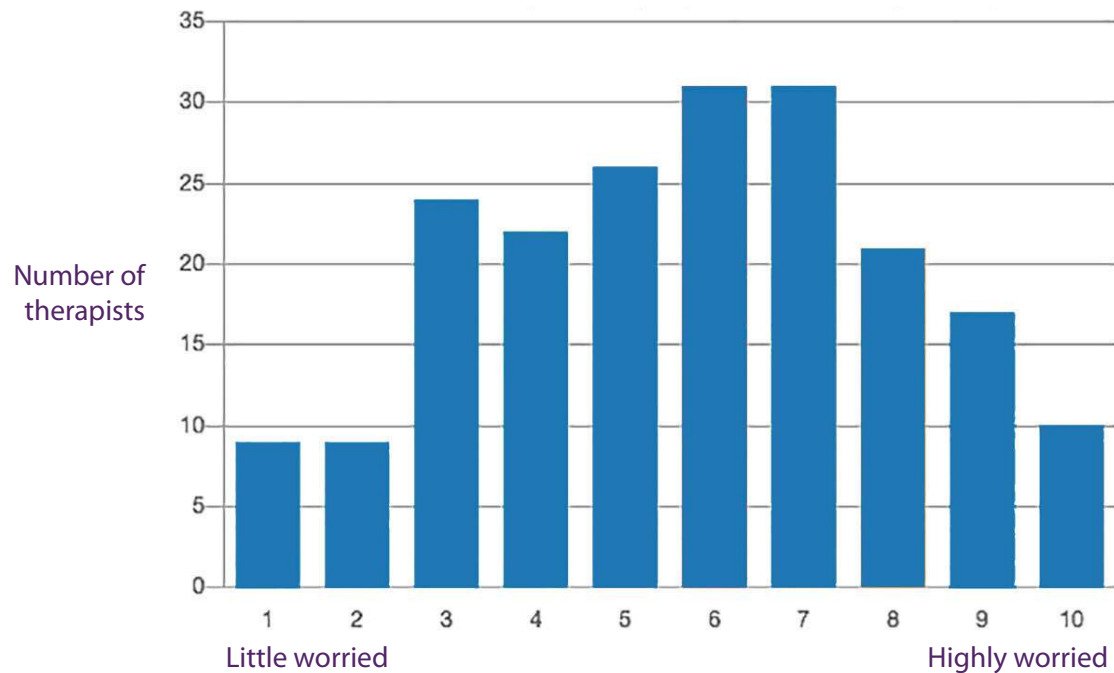
Data Compiled from The Couples Institute Survey

These are the results of a survey sent out to therapists regarding the coronavirus, COVID-19, and its impact on their life and practice. The questions in the survey and the results are presented below:

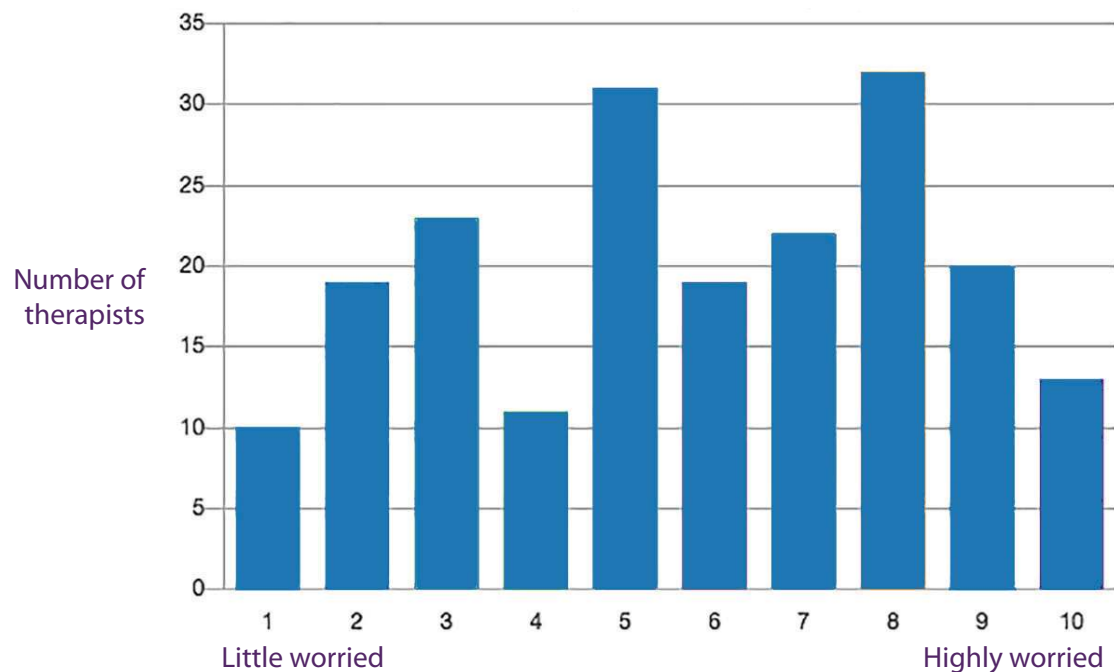
- 1 On a 1-10 scale with 1 being the least and 10 being the most, how much stress are you feeling about going into your sessions relative to COVID-19?



- 2 On a 1-10 scale with 1 being the least and 10 being the most, how worried are you about your personal health/safety regarding exposure to COVID-19?



- 3 On a 1-10 scale with 1 being the least to 10 being the most, how worried are you about the future of your practice because of this crisis?



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What are some unexpected challenges you are facing now because of this crisis?

Overall Challenges	Response	Remote Work Challenges	Response
Remote work	409	Clients don't want remote therapy	54
Decreased income/cancellations	256	Therapist doesn't think it works as well	45
Fear of infecting/being infected	81	Therapist learning how	32
Balancing family obligations	67	Clients lack privacy at home	32
Uncertainty/personal fear	56	Insurance won't approve	28
Isolation/separation from loved ones	52	Poor connectivity	28
Struggling with same things as clients	32	Extra hard with couples	27
Higher stress clients are more draining	30	HIPAA/data security/notes	25
Shortage of supplies	22	Therapy modes not compatible	20
Differing beliefs about severity of the virus w/ clients, coworkers, orgs	19	Clients learning how	11
Maintaining routines	12	More draining	10
Larger volume of work	8	Sickness/other health problems	6
None/little	6	Hard of hearing/disability	2
Loss of plans/trips/celebrations	6		
Anxiety of colleagues	5		
Everything/general trouble with lockdown	3		
Stock market losses	3		
Missing support systems	3		
Loss of employment	2		
Boredom	2		
Misinformation	2		
Can't withdraw cash	1		
Increased screen time	1		
Eating too much/too little	1		
Loss of erotic life	1		
Losing interest in tasks	1		

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What are some concerns from your clients?

Concerns from clients	Response
Financial/job loss	310
Health of self/loved ones	269
Anxiety	198
Too much time with family	153
Uncertainty/loss of control	125
Isolation/loneliness	119
Lack of supplies	52
Conflicting beliefs about virus	52
Big picture fears	35
Weakened support systems	31
Change to routines	31
Moving to remote counseling	25
Anger at government	21
Depression	21
Misinformation/lack of info/too much info	21
Boredom	16
Changing dynamics with separations/custody	15
Missing life events	12
Inability to continue therapy	10
Increase in maladaptive coping	8
OCD/fear of OCD	7
Other health concerns	7
Fatigue	6
Couples' differing strategies	4
Helplessness	4
Stuck in abusive home	3
Irritability	3
Suicidal ideation	2
Protecting loved ones	1
Hypochondria	1
Insomnia	1

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What are your strategies for managing?

Managing Strategies	Response	Managing Strategies	Response
Mindfulness/meditation/breathing	255	EFT	9
Digital socializing	218	Hypno/visualization	9
Exercise/outdoors/movement	202	Tapping	9
Distract with hobbies	129	Affirmations/remember purpose	8
Limit news	80	Create resources for clients	6
Set/maintain routine	65	Attend own therapy	6
Consume positive media	58	Resourcing	5
Gratitude	46	Inner child/parts work	5
Quality time with family, pets	44	Essential oils	5
Prayer/spirit	41	Vagus nerve	4
Online tools/courses	38	Make to do lists	4
Control what you can	35	EMDR	3
Healthy eating	32	Limit work time	3
Identify/accept fears	30	CBT	3
Laughter	28	Remember love	2
Adopt big picture view	24	Solitude	2
None	18	Recreate happy memories	1
Rest	18	REBT	1
Sanitize/clean	15	Monitor/record anxiety levels	1
Journaling	15	Cog. diffusion/choice points	1
Service to others	14	Medication	1
Setting boundaries	14	Hot Tub	1
Positive thinking	13	Sex	1
Prepping for disasters	9		

Additional Resources

Free

Join The Therapist Support Group

The Couples Institute created the Therapist Support Group to bring together therapists worldwide as a place to connect and create community. Receive periodic free training, participate in live streams, virtual meet-ups, and connect with other therapists around the world 24 hours a day. It's 100% free of charge. [Click here to join](#) over 3000+ therapists and mental health professionals today!



Therapists Who Thrive:

[Click here](#) for these valuable resources.

- ☒ Guide to working with Infidelity
- ☒ Going Deeper with Couples' Communication Problems
- ☒ Developmental Model Overview RoadMap
- ☒ Couples Questionnaire
- ☒ Self Assessment after a Fight
- ☒ Couples Institute Blog



Super Negotiation for Couples:

"Marriage is a challenge. Growing your business is a challenge. What happens when you try to combine the two?" [Click here](#) to read this blog on *Super Negotiation for Couples*.

Additional Programs and Training — \$40

- [Self Reflection in Chronically Angry Couples](#)
- [Ending Chaos, Mayhem and Verbal Violence \(audio MP3 & transcript\)](#)
- [Self-reflection in Chronically Angry Couples](#)