

ENABLING RESILIENCE IN THE TIME OF COVID-19: The Katatagan Online Experience



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IMPACT OF COVID ON OUR MENTAL HEALTH

- Cabin Fever
- Hypochondriasis (fear of getting sick)
- Trauma
- Discrimination
- Fear
- Isolation and Loneliness
- Collective Grief
- Anxiety
- Despair
- Anger and Frustration
- Helplessness
- Burnout



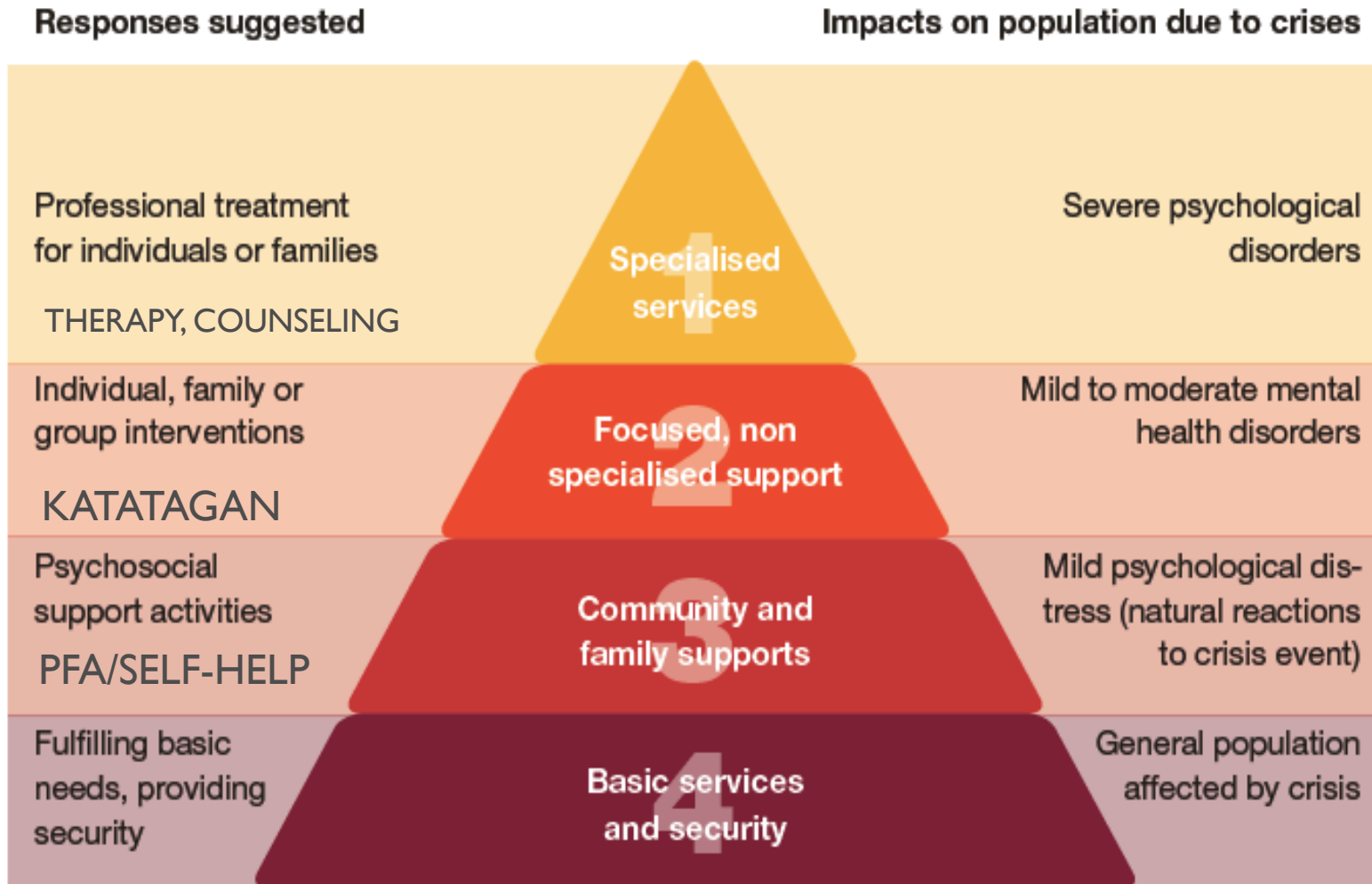
How can we help build resilience?

RESILIENCE:

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress



MENTAL HEALTH PSYCHOSOCIAL SUPPORT INTERVENTIONS





KATATAGAN ONLINE

<https://katatagan.org/>

SELF-CARE

- Link to Mindfulness Inner Resources for Stress from Palo Alto University
- Infographics
- Mindfulness audio files
- Resilience materials
 - Videos
 - Resilience Journal

RESILIENCE CLASSES

- Class Schedules
- Blended learning
 - Videos and reflections
 - Online discussions
- Small groups of about 12 people
- 2 facilitators

MENTAL HEALTH SERVICES

- Links to providers of MH Services



Katatagan



A Resilience Program for Filipinos

A psychological intervention to develop resilience skills for those with mild or moderate distress symptoms

- Emotional (anxiety, fearfulness)
- Cognitive (guilt, inability to concentrate, hopelessness)
- Behavioral (inability to sleep, maladaptive behavior such as alcohol and drug-use)
- Somatic (body pains, headache)
- Spiritual (questioning God, disaster was a punishment from God).



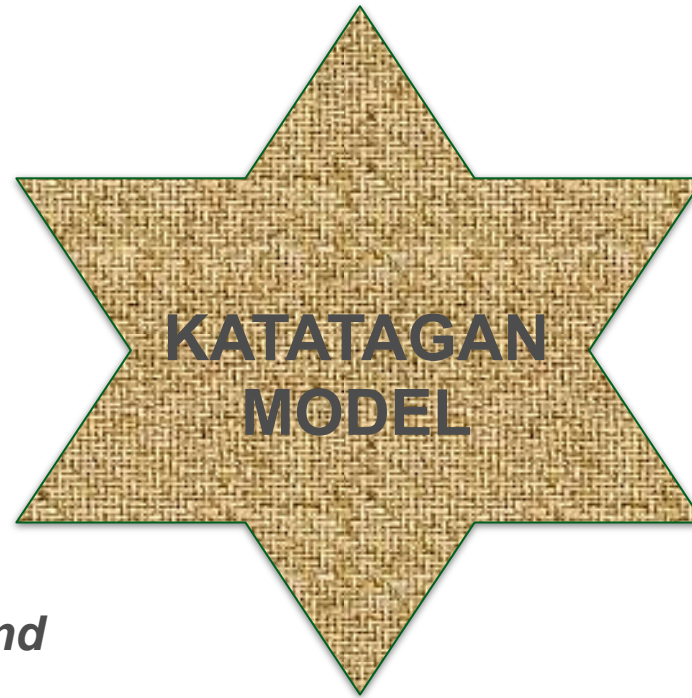
**KATATAGAN: A psychoeducational intervention
to develop resilience skills for those with mild
or moderate distress**

KALAKASAN

*(Finding & Cultivating
Strengths)*

**KABULUHAN AT
KINABUKASAN**
(Moving Forward)

KATAWAN
*(Managing Physical
Reactions)*



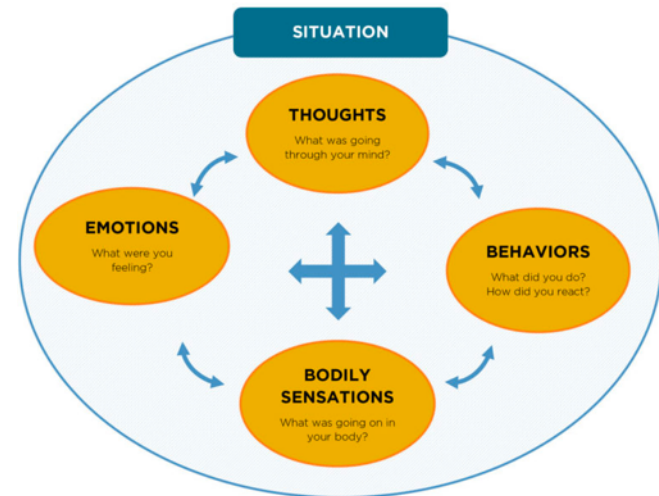
**KALUTASAN
KAAGAPAY at**
*(Seeking Solutions and
Support)*

KALOOBAN
*(Managing Thoughts &
Emotions)*

**KAPAKI-PAKINABANG
na GAWAIN**
(Positive Activities)

THEORETICAL FOUNDATIONS of KATATAGAN

- **POSITIVE PSYCHOLOGY**
 - Acknowledging and harnessing our strengths
 - Gratitude
- **COGNITIVE BEHAVIORAL THERAPY**
 - Link between emotions, thoughts, behaviors, bodily sensations
 - Changing unhelpful thoughts (cognitive restructuring)
- **MINDFULNESS**
 - Awareness of what we seeing, feeling and thinking
 - Non-judgment of inner experience
 - Non-reactivity or detachment
 - Mindful action or choosing how we respond



KATATAGAN PROGRAM DESIGN

MODULE	ACTIVE INGREDIENT	SESSION OBJECTIVES BY THE END OF THE SESSION, PARTICIPANTS SHOULD BE ABLE TO:
KALAKASAN	Self-efficacy, Mindfulness	Identify their strengths and ways to cultivate these strength
KATAWAN	Stress Management, Mindfulness,	Manage their physical reactions to stress
KALOOBAN	Reframing), Mindfulness	Manage their thoughts and emotions
KAPAKIPAKINABANG na GAWAIN	Helpful Behaviors & Routines, Mindfulness	Help people identify positive and pleasurable activities
KALUTASAN at KAAGAPAY	Problem-Solving Social Support, Mindfulness	Identify concerns that are within their control; Apply steps in problem solving and identify social support
KINABUKASAN	Meaning Making & Hope, Mindfulness	Help people make meaning of their experience; lessons and dreams for the future



FORMAT OF SESSIONS (1.5 hours) OF KATATAGAN ONLINE

- Mindfulness exercise
- Review of previous session
- TOPIC
 - Discussion/Structured Learning Exercise
 - Demonstration/ Application
- Learnings/Take-aways
- Preview of Next Session
- Closing: Loving Kindness Meditation

ONLINE PLATFORM

Discussions using

- Chat
- Audio
- Video

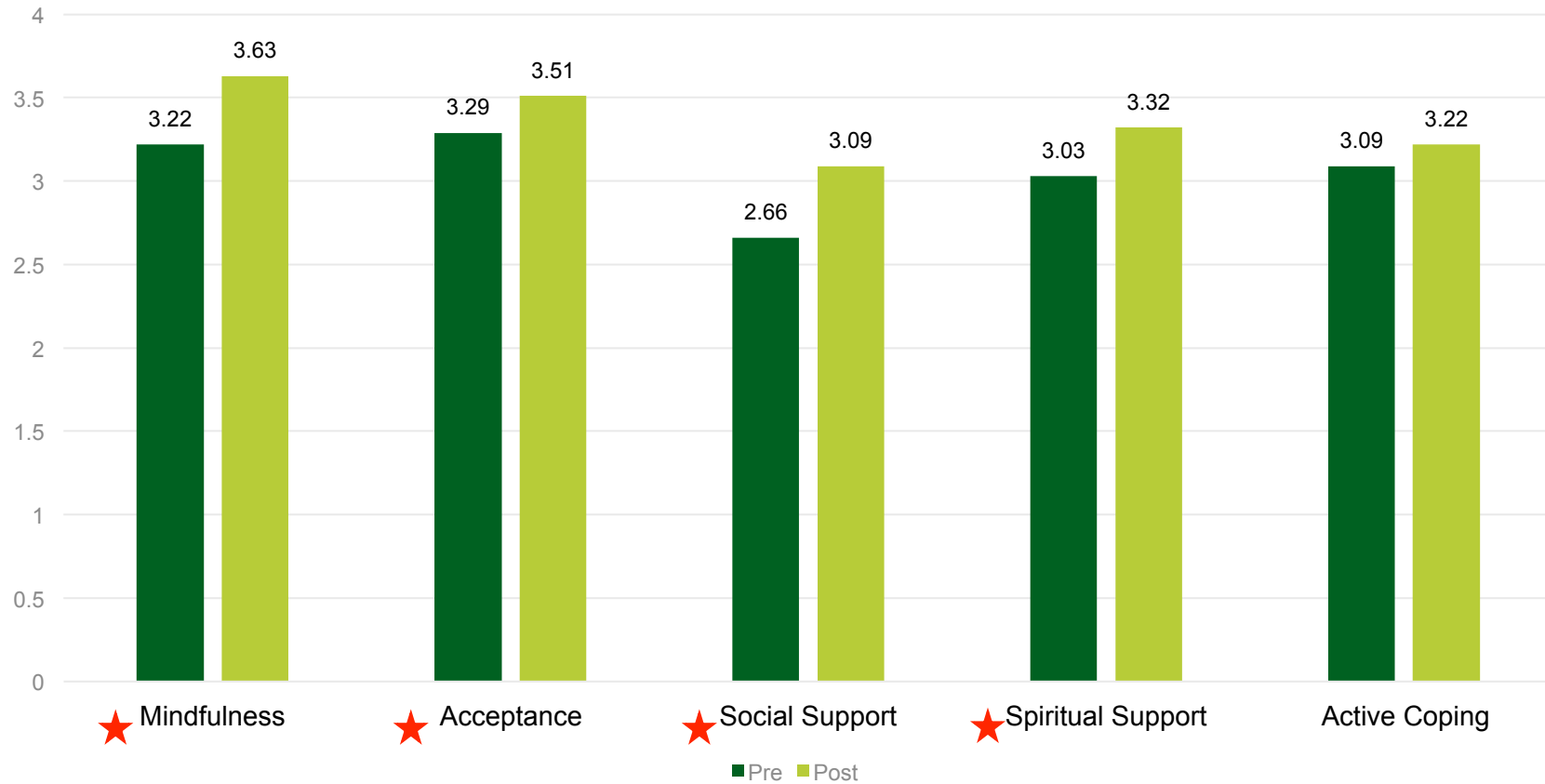
Supplementary videos
and workbook



What our PARTICIPANTS say they have LEARNED

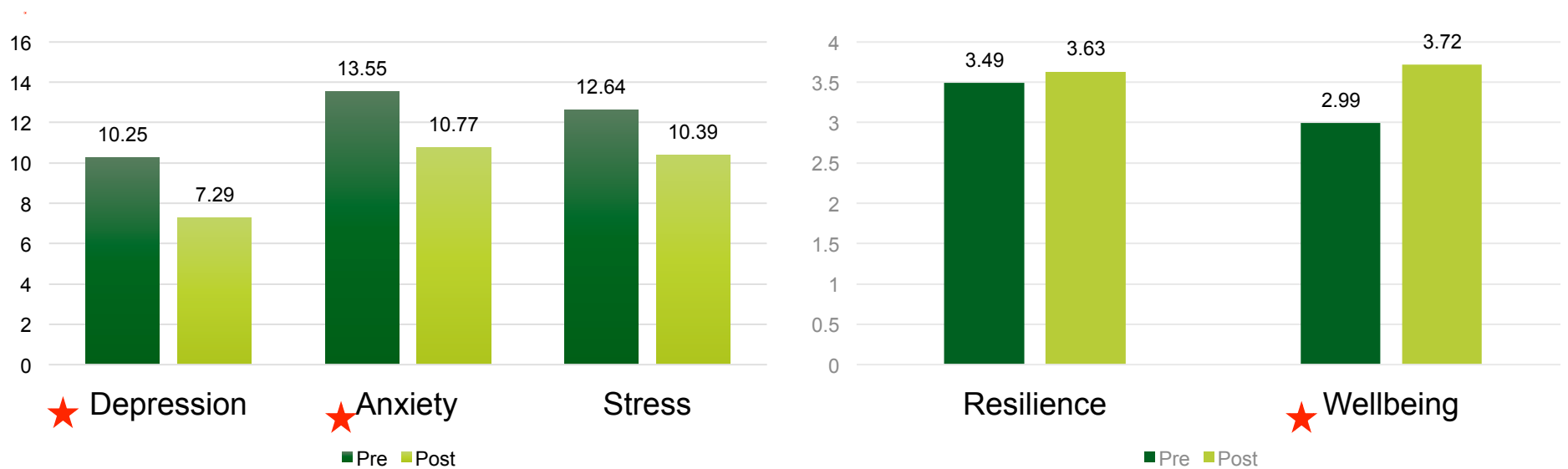
- *“I learned new ways to manage their stress”*
- *“I learned to find peace amidst chaos”*
- *“Mindfulness is very relaxing”*
- *“I learned how to chill”*
- *“I learned how to control and reframe their negative thoughts”*
- *Problem solving*
 - *“We are capable to find solutions to our problems”*
 - *“It’s possible to let go of problems we have no control over”*
- *“I can use what I learned to help others”*

PILOT RESULTS: Pre and Post Test Scores for COPING



★ Significant at $p < .05$

PILOT RESULTS: Pre and Post Test Scores for MENTAL HEALTH OUTCOMES



★ Significant at $p < .05$