

# Self-Care Procedure for Coronavirus (SCP-C) For Mental Health Practitioners

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(Edited by Marilyn Luber and Brurit Laub)

The coronavirus pandemic is challenging for mental health practitioners. Stabilization relating to temporary disasters, whether man-made or natural, is done by recognizing that the past danger is over. The ongoing nature of the coronavirus crisis mainly raises concerns about dangers in the present and future. Therefore, it requires a new way of stabilization than the ISP® (Immediate Stabilization Procedure). The SCP-C attempts to achieve this goal by dynamically adapting to this specific global situation.

This procedure can be used once by a mental health practitioner and then becomes a self-care procedure to be used as needed.

The SCP-C for Coronavirus can be used with concerns such as:

- “I AM AFRAID I MIGHT GET THE VIRUS”
- “I AM AFRAID I HAVE THE CORONAVIRUS”
- “IT IS MY FAULT THAT I INFECTED OTHERS”
- “I AM ALONE OR ISOLATED”
- “I WILL HAVE NO MONEY”

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## SCP-C Basic Concepts

1. **Negative Thoughts:** these thoughts lead to negative, strong, exaggerated, emotional states.

**Type I Negative Thoughts**, associated with feelings of anxiety, helplessness, panic, fear, loneliness, depression and anger, such as:

- *“I cannot handle this.”*
- *“I am not in control”*
- *“I am helpless”*

Examples of client’s statements:

- “I am worried that I (my family and/or friends) will become ill.” - Anxiety
- “I feel sick” and/or “I have fever.” - Anxiety
- “I am going to die.” Fear, Anxiety, Panic
- “I am afraid my parents, grandparents, spouse, children are going to die.” Anxiety, Fear, Panic
- “It is overwhelming.” “I cannot stand it.” - Anxiety
- “The government and health department are at fault for not doing enough.” - Anger
- “The government and health department are at fault for doing too much (ordering isolation/quarantine).” - Anger
- “I will have no money.” - Anxiety
- “I cannot handle being in isolation/quarantine.” - Helplessness, Anxiety, Anger
- “It is not fair.” – Anger, Helplessness

**Type II Negative Thoughts** associated with feelings of guilt, inadequacy, regret such as:

- *“It is my fault that my family/ friends got coronavirus.”*
- *“I did something wrong.”*
- *“I should have known better.”*

Examples of client's statements

- "It is my fault I got (could have gotten) coronavirus." - Guilt
- "It is my fault my family and friends got (could have gotten) coronavirus." - Guilt
- "It is my fault that I did not buy enough antiviral spray, toilet paper, etc." - Inadequacy, guilt
- "I sold and lost significant money when the stock market started to fall." - Regret

2. **Positive Thoughts:** these thoughts do not feel true at first. After SCP-C they feel true and are associated with positive feelings.

**Tapping** in SCP-C refers to Rapid Alternating Bilateral Tactile Stimulation and can calm a person with its use.

Because the Coronavirus is contagious, we do not want mental health practitioners touching clients.

Tap rapidly 1-2 passes per second or 60-120 passes per minute. One pass = left tap then right tap.

If the client is on a telephone, without being able to see you visually, tap your phone rapidly so the client hears the tapping:

*Note:*

**1. Please note that the SCP-C guidelines have not undergone formal clinical trials to date, and current data regarding its success, while encouraging, is still only anecdotal. There is no data yet that using SPC-C will be successful in treating stress symptoms related to the particular concerns of the COVID-19 virus. Your use of this procedure is up to you solely.**

**2. The SCP-C is to be used only for situations related to the coronavirus. If other past illness/es or memories come up direct clients back to their coronavirus issue. If they keep returning to past traumas, then stop SCP-C and refer to an EMDR Therapist or other mental health practitioner.**

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# SCP-C Script

## Step 1: Introduction

**Goal:** To introduce yourself to the client

Say, “*My name is \_\_\_\_\_ (state your name).*”

Say, “*I’m here to help you.*”

Say, “*What is your name?*”

Say, “*Can you tell me in a few sentences what is your concern?*”

Write the client’s concern in the initial contact form

## Step 2: Preparation

**Goal:** To introduce the SCP-C to the client.

Say, “*There is a procedure that uses tapping that has helped other people and I think will be helpful for you.*

*You can do it, by tapping with your hands on your knees or with the big Butterfly Hug”*

Say, “*Place the heels of your hands on your thighs so the tips of your fingers are on the top of your knees and then lightly tap with your fingers, first one hand then the other.*”

Say, “*Another way of tapping is the big Butterfly Hug. Cross your arms and put your right hand on your left arm, and your left hand on your right arm.*

Say, “*I will demonstrate and tap along with you.*”

Say, “*Which way of tapping suits you best?*”

After the client chooses the way to tap, say the following:

Say, “*Tap with me, alternating left to right.*

*The tapping will help you feel calmer. Is this ok with you? I will continue, unless you tell me to stop.*

*At any time during our work, you can tell me to stop or raise your hand to indicate you want to stop.”*

Say, “*Stop tapping.*”

## Step 3: Assessment:

**Goal:** To clarify and specify the client’s negative thoughts and feelings

Say, “*While thinking of your concern \_\_\_\_\_ (stated during introduction) with the coronavirus, what are your negative thoughts? Here are some typical negative thoughts:*

Say, “*Is it?*”

### Type I Negative Thought

- “*I cannot handle this.*”
- “*I am not in control.*”
- “*I am helpless.*”

Say, “*Or is it?*”

### Type II Negative Thought

- “*It is my fault that family/ friends got coronavirus.*”
- “*I did something wrong.*”
- “*I should have known better.*”

Say, “*What are you thinking?*”

Write the client’s negative thought in the initial contact form.

Say, “*When you say this negative thought \_\_\_\_\_ (state Type 1 negative thought) what feelings come up now?*

Say, “*Typical feelings can be anxiety, helplessness, panic, fear, loneliness, depression or anger.*”

Say, “*Or is it?*”

### Type II

Say, “*When you say this negative thought \_\_\_\_\_ (state Type II negative thought) what feelings come up now?*

Say, *“Typical feelings can be guilt, inadequacy regret.*

Say, *“Or is it both?”*

If it is both, first complete Step 4 Type 1 Negative Thought, then go back to Step 4 Type 2 Negative Thought. Write the client’s feelings in the initial contact form.

#### **SUDs (Subjective Units of Disturbance Scale)**

Say, *“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”* \_\_\_/10

## **Step 4: Stabilization**

**Goal: To recognize and communicate the client’s ability to learn to handle anything that may happen.**

Stabilization is done by tapping rapidly while hearing/saying a positive thought.

### **Type I Positive Thoughts**

These positive thoughts reduce feelings of anxiety, helplessness, panic, fear, loneliness, depression, anger, and increase a sense of control and calmness.

Say, *“Start tapping.”*

While client is tapping for about one minute say these sentences often:

Say, *“You can learn to be in reasonable control of what you can be in control of.”*

Say, *“You can learn to deal with this”*

Say, *“You can learn to have options within the framework you are now living.”*

After about one minute,

Say, *“Stop tapping. Take a breath. Let it go.”*

Continue saying the 3 phrases in one-minute segments over 5 minutes. Then check the SUD’s.

Say, *“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”* \_\_\_/10

If SUDs are 3 or less with no Type II Negative Thoughts, go to Step 5: Closure.

If the SUDs = greater than 3, continue with supportive phrases.

While tapping for a minute, use the phrases from the list below:

Say, *“Start tapping.”*

Say, *“The alternating tapping will help reduce your distress.”*

Say, *“When you are calm, as you are becoming, it strengthens your immune system to prevent illness and helps you recover.”*

Say, *“Being in isolation (alone) is a way to be in control of what you can be in control of, by preventing you from becoming infected or infecting others.”*

Say, *“You can learn to be in reasonable control of what you can, you cannot be in control of what someone else thinks, feels, says or does.”*

Say, *“This pandemic is temporary and will end.”*

Say, *“The vast majority of people recover from this virus.”*

If people are symptomatic:

Say, ***“The fever you have shows that your body is fighting the virus.”***

Say, ***“Stop tapping. Take a breath. Let it go.”***

Say, ***“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”*** \_\_\_/10

If SUDs are 3 or less with no Type II Negative Thoughts, go to Step 5: Closure.

If the SUDs = greater than 3, continue with supportive phrases.

Say, ***“Start tapping”***.

While client is tapping for about one minute say these sentences often:

Say, ***“You can learn to be in reasonable control of what you can be in control of.”***

Say, ***“You can learn to deal with this.”***

Say, ***“You can learn to have options within the framework you are now living.”***

After about one minute,

Say, ***“Stop tapping. Take a breath. Let it go.”***

Continue saying the 3 phrases in one-minute segments over 5 minutes. Then check the SUD's.

Say, ***“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”*** \_\_\_/10

If SUDs are 3 or less with no Type II Negative Thoughts, go to Step 5: Closure.

If client uses Type II Negative Thoughts come up at any time during Steps 1 through 4, continue below.

### **Type II Positive Thoughts**

These positive thoughts reduce feelings of guilt, inadequacy, and/or regret and increase a sense of self-acceptance.

Say, ***“Start tapping”***.

While client is tapping for about one minute say these sentences often:

Say, ***“You did the best you could with the information you had at the time.”***

Say, ***“Whatever happened, happened and you can deal with this from this moment on.”***

Say, ***“Stop tapping. Take a breath. Let it go.”***

Continue saying the 3 phrases in one-minute segments over 5 minutes. Then check the SUD's.

Say, ***“Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”*** \_\_\_/10

If SUDs are 3 or less go to Step 5: Closure.

If the SUDs = greater than 3, continue with supportive phrases.

While tapping for a minute say the following phrases from the list below. Some will apply more directly to different concerns:

Say, ***“Start tapping”***.

Say, ***“You did the best you could with the information you had at the time.”***

Say, ***“We now know that people who have no symptoms can be infectious, so you may not have been able to***

*prevent this. You did the best you could with the information you had at the time.*

Say, *"It takes time to learn and follow all the instructions of social distancing and special hygiene measures".*

Say, *"Whatever happened, happened and you can deal with this from this moment on."*

Say, *"Please tell me how disturbed you are feeling now on a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?" \_\_\_/10*

If the SUDs = 3 or less, go to Step 5: Closure.

If the SUDs = greater than 3, continue with supportive phrases.

Say, *"Start tapping."*

While client is tapping for about one minute say the following sentences often:

Say, *"You did the best you could with the information you had at the time in the past."*

Say, *"Whatever happened, happened and you can deal with this from this moment onward."*

After about one minute,

Say, *"Stop tapping. Take a breath. Let it go."*

Continue this for about 5 minutes

Say, *"Please tell me how disturbed you are feeling now. On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?" \_\_\_/10*

**No matter what the SUDs, go to Step 5: Closure.**

## **Step 5: Closure**

**Goal: To identify useful Positive Thoughts. To give information about follow-up.**

### **Self-Care**

Give the client the Self-Care Procedure (SCP-C) Worksheet for clients.

Say, *"Please take a look on the Positive Thoughts that were helpful and underline or circle them. If other Positive Thoughts came up during stabilization, please write them down now in the worksheet. You can use these Positive Thoughts with rapid tapping any time you need."*

Say, *"Would it be OK if we contact you to find out how are you?"*

If the client agrees, take down his/her information:

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

**DISCLAIMER: This document is intended for the use of trained professional healthcare practitioners only. Following a session with a trained healthcare practitioner, clients may use this procedure as a self-care. This procedure is being provided as a service in light of the global CORONAVIRUS health crisis to potentially assist in the decrease of stress related to the Coronavirus only. Please note that the SCP-C guidelines have not undergone formal clinical trials to date, and current data regarding its success, while encouraging, is still only anecdotal. There is no data yet that using SCP-C will be successful in treating stress symptoms related to the particular concerns of the COVID-19 virus. Your use of this procedure is solely up to you.**

**In the event that a client using this procedure does not feel a sufficient reduction in stress or experiences any other psychological issues, it is strongly recommended that the client contact a mental healthcare practitioner immediately. The author makes no guarantees, either expressed or implied, regarding the efficacy of the treatment procedures contained herein and makes no guarantee that following the guidelines herein will provide effective treatment for symptoms of stress or any condition related thereto. This procedure relates solely to situations related to the current Coronavirus crisis and should not be used to deal with any other types of psychological trauma.**

If the mental health practitioner has a legal issue concern about using this with someone new, have the client sign and date the Disclaimer above:

## Self-Care Procedure for Coronavirus (SCP-C)

### Initial Contact Form

Date: \_\_\_\_\_ Time begins: \_\_\_\_\_

Client Name: \_\_\_\_\_ Age: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Mental Health Practitioner's Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Coronavirus Concern: \_\_\_\_\_

Negative Thought/s:  Type I  Type II  Both

\_\_\_\_\_

Negative Feelings: \_\_\_\_\_

Pre-Intervention SUDs: \_\_\_/10

Post-Intervention SUDs: \_\_\_/10

Time Ended: \_\_\_\_\_

Agree to follow-up phone call:  Yes  No

Client signature: (if possible) otherwise verbal agreement \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Follow-Up Contact:

Date of Follow-Up: \_\_\_\_\_

Current SUDs: \_\_\_/10

Additional Services Needed:  Yes  No

If yes, provide details: \_\_\_\_\_

Go to website at [EMDR-Israel.org](http://EMDR-Israel.org) for updates and information about doing research.

Please send the initial contact form information (no name) to [SPC.C.COVI19@gmail.com](mailto:SPC.C.COVI19@gmail.com)

Please send any adverse effects that might have occurred when administrating SCP-C.