

PODCAST RESOURCES

<https://www.buzzsprout.com/811163>

Some of the topics and speakers so far include:

Managing **Substance Use** During the COVID-19 Pandemic (Dr. Kim Corace)

Managing **PTSD** During the COVID-19 Pandemic (Dr. Candice Monson)

Coping with **GAD** During the COVID-19 Pandemic (Dr. Melisa Robichaud)

Coping with **OCD** During the COVID-19 Pandemic (Dr. Christine Purdon)

Managing **Depression** During the COVID-19 Pandemic (Dr. Keith Dobson)

Managing **Health Anxiety** During the COVID-19 Pandemic (Dr. Martin Antony)

Managing and Treating **OCD** During the COVID-19 Pandemic (Dr. Caitlin Claggett Woods)

Minimizing **Psychological Suffering** During the COVID-19 Pandemic (Dr. Pete Kelly)

Tips for **Couples to Manage Distress and Conflict** During the COVID-19 Pandemic (Dr. Natasha Ballen)

Helping **Children, Adolescents, & Parents** Cope During the COVID-19 Pandemic (Dr. Jennifer Karp)