

PANDEMIC STORIES:
HOLIDAYS IN THE
LINGERING TIMES OF COVID

Karen Carnabucci, LCSW, TEP
Lancaster School of Psychodrama and
Experiential Psychotherapies



Founder & director of the Lancaster School of Psychodrama & Experiential Psychotherapies

Clinical social worker

Trainer in psychodrama, sociometry and group psychotherapy

Survivor of COVID

ABOUT KAREN

BLUE HOLIDAYS

"Blue Christmas" and "Blue Holidays" are phrases coined by pastors and others in the Christian denominations to address that many people are suffering and grieving during the holiday season, and Christmas is not happy for everyone. This movement has spread to other denominations and traditions, with worship and other programs offered to soothe and support.

COVID PANDEMIC

The COVID-19 pandemic is an ongoing global pandemic of coronavirus disease caused by the severe acute respiratory syndrome coronavirus. The virus was identified in the Chinese city of Wuhan in December 2019, quickly spreading throughout Asia and later worldwide. The World Health Organization declared the outbreak a public health on Jan. 30, 2020 and a pandemic on March 11, 2020. As of Dec. 7, 2022, the pandemic has caused more than 646 million cases and 6.64 million confirmed deaths, making it one of the deadliest pandemics in history.

COLLECTIVE TRAUMA

Collective trauma refers to a traumatic event that is shared by a group of people. It may involve a small group, like a community, or it may involve an entire society. Traumatic events that affect groups may include plane crashes, natural disasters, mass shootings, famine, war and pandemics.

TRAUMA IS AN INJURY TO THE NERVOUS SYSTEM

Traumatic events push the nervous system outside its ability to regulate itself. For some, the nervous system gets stuck in the "on" position, and the person is overstimulated and unable to calm. Anxiety, anger, restlessness, panic and hyperactivity can result when a person stays in this ready-to-react mode.



How do we approach a collective holiday season at a time of collective trauma?



AND...

How do we feel safe
enough to tell our stories
of trauma, rather than hide
our trauma?



HOW ...

Do we stay safe during the lingering pandemic?

AND...

How do we create meaningful holidays?



SOCIOMETRIC & NARRATIVE PROMPTS

I have been impacted professionally...

My family has been impacted...

My social circle and social life has been impacted...

My professional circle and colleagues have been impacted...

My holiday and important celebrations have been impacted...

I, as a human, have been impacted...

SOCIOMETRIC & NARRATIVE PROMPTS

I have
been:

Impacted emotionally

Impacted psychologically

Impacted spiritually

Impacted physically

Other

RESPONDING TO TRAUMA



Breathe.



Slow down.



Regulate.



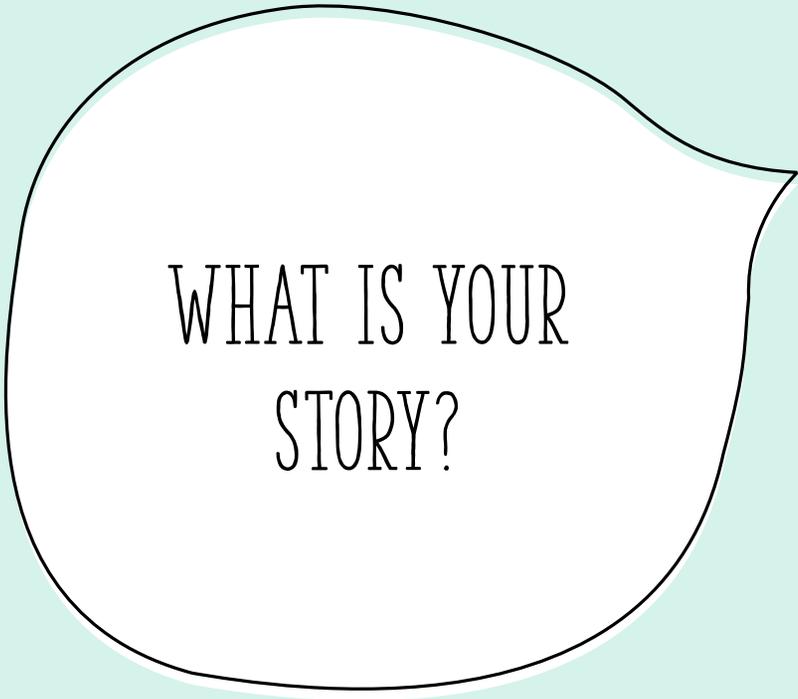
Acknowledge feelings.



Connect.

DOUBLING, A PSYCHODRAMATIC TECHNIQUE

The double is a role that speaks as the protagonist's inner voice. When you double for somebody during a session, you stand behind them or beside them before speaking as his, her or their inner voice. (In online sessions, you may move to the side of the screen or put a scarf on your shoulders or head to show that you are changing roles.) You speak as the protagonist's inner voice, supporting the access to the words, feelings, needs, etc., that the protagonist may not be aware of or yet have words for. Check back with protagonist to see if changes need to be voiced.



WHAT IS YOUR
STORY?

1

Tell the story.

2

Give opportunity for teller to hear the double, the psychodramatic role and voice for speaking what has not been said.

3

If teller agrees, give listeners the opportunity to double -- then check with speaker.



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