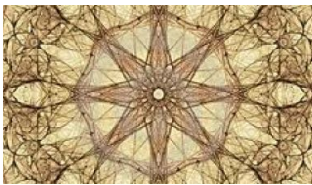




## Hello Human Beings...

Welcome to my first ever newsletter. My intention is to send out just a few throughout the year, unless an important update is needed. Unsubscribe if you are not interested. My goal is to help, and not to flood your email inbox.



### **COVID-19 Update:**

With Shelter in Place (SIP) extending in California through the end of May, and the the news of the pandemic lasting longer than we initially hoped, I am sure different feelings are starting to settle in. A roller coaster of emotions is natural right now. Remember to observe them, allow them and recognize them as transient. This is how we build resiliency.

On my own COVID-19 health update: most of my symptoms have subsided, but I continue to have persistent brain inflammation that needs medication. Doctors can not definitely state whether this is considered post viral brain inflammation. I am told to defer to CDC guidelines. I am allowed no in-person contact until a week following not needing any medication. At this rate, it is unlikely I can start in person sessions mid-May as initially hoped, but hope to be completely recovered by the end of the month.

For those waiting for in person EMDR sessions, some clients have found the EMDR remote website via video as really helpful in our sessions.

### **Self Soothe Tools for COVID-19 Webinar - video attached:**

Attached is a webinar reviewing self soothe tools to help during COVID-19.

This is intended for just you and is presently unlisted and restricted on YouTube. The video is intended for those of you who have had or are in treatment using EMDR, Somatic Experiencing or Brainspotting. It is not intended to replace therapy but to give you practical tools to use at home during

this time. I am presently giving more thought into whether to publish this widely. I hope you find it useful. Please copy and paste this link below:

<https://youtu.be/0viJaass1fk>



### **Finances/payments during this time**

I've spent some time reflecting on what seems financially reasonable for all of us during this time, as we are all likely to be fiscally impacted by the pandemic one way or another.

-Business and payment as usual seems fair for those who are retired or those that continue to have a PPO plan, HSA plan, employment, or monthly assisted income. (Regardless of loss of equity/retirement percentage, etc.).

-For those who have temporarily had a reduction in income, or temporarily not working due to shelter in place, I can offer delayed payment for three months up to a certain amount or a monthly payment plan (credit card needed on file).

-For those who have lost their job, and have no insurance, and have no other family fiscal support, we can discuss a temporary sliding scale for three months.

-Finally, sliding scale/pro bono services are strictly reserved for short term acute trauma resolution for front line emergency room healthcare workers directly impacted by their treatment of COVID-19 patients. (And otherwise acute victims of crime).

-As usual, I'm flexible about treatment frequency. If you need a reduction in sessions or a temporary increase in sessions, this is always an option.

Please feel free to discuss any of the above with me. We are a community helping each other.

**In healing,  
Karen @ Karen Sprinkel, Individual & Family Trauma Therapy Corporation**



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