

# Trauma and Loss Among College Students in a Post-COVID World

**LIVE VIDEO WEBCAST**  
Wednesday, November 8, 2023

## Webcast Information

### Eastern Time

12:00pm Program begins

2:00pm Program ends

**TO REGISTER:** [CLICK HERE TO RESERVE YOUR SEAT](#)

**Host:** Center for Collegiate Mental Health (CCMH)

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<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

The COVID-19 pandemic dramatically impacted the mental health and well-being of college students. Students experienced grief related to the death of loved ones as well as significant losses related to social, emotional, and academic milestones. In this presentation, we will first provide an overview of the COVID-19 impact among college students, including the effect on young adults with previous trauma histories and a discussion of the unique trauma inflicted by the COVID-19 pandemic. Next, we will present risk and protective factors associated with mental health problems post-pandemic. Finally, we will conclude with reviewing clinical and practical strategies for working with college students experiencing losses post-pandemic, with an emphasis on specific considerations for students with histories of trauma.

**Target Audience:** Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers



**PennState**  
Student Affairs

Center for Collegiate  
Mental Health

## Speakers

**Caitlin Chun-Kennedy** earned her M.S. in Counseling from Shippensburg University in 2006 and her Ph.D. from Penn State University in Counseling Psychology in 2017. Dr. Chun-Kennedy has dedicated nearly her entire career to collegiate mental health, working as a clinician, supervisor, and training coordinator within multiple college and university-based counseling centers over the past 15 years. She currently serves as a psychologist and Extern Coordinator at Penn State's Center for Counseling and Psychological Services. Dr. Chun-Kennedy has extensive experience working with survivors of trauma, both clinically and through supervision and consultation services. In her clinical and training coordination roles, she has provided direct clinical treatment to hundreds of trauma survivors, delivered trainings on the treatment of trauma, consulted with multiple external departments and partners regarding trauma cases, and supervised mental health clinicians in their delivery of trauma services. In addition, Dr. Chun-Kennedy serves as an advisor on the research team within the Center for Collegiate Mental Health (CCMH), which is a practice research network for psychotherapy of nearly 800 college counseling centers that meets regularly to discuss collegiate mental health trends and the evolving landscape of trauma after the onset of COVID-19.

Speaker Disclosures:

Financial: Caitlin Chun-Kennedy has an employment relationship with Pennsylvania State University. She has no relevant financial relationships with ineligible organizations.

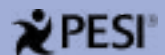
Non-financial: Caitlin Chun-Kennedy is a member of the American Psychological Association.

**Camille Sluzis** earned her M.Ed. from Penn State University in Counselor Education in 2010. Over the past 13 years, Camille has dedicated her career to the treatment and advocacy for survivors of trauma in multiple settings, including family-based services within a non-profit organization, a domestic and sexual assault center, and within Penn State Center for Counseling and Psychological Services. While working at the domestic and sexual assault center, Camille was a recipient of a grant that allowed her to expand services beyond urgent/crisis care to psychotherapy services. In her current role at Penn State Center for Counseling and Psychological Services, Camille serves as the Sexual Assault and Relationship Violence Coordinator. Within her position, she provides treatment to survivors of trauma, consults with numerous campus and community partners that focus on trauma service implementation and procedures, and provides training to trainees and clinicians in their delivery of clinical services to trauma survivors. She is also engaged in the research team within the Center for Collegiate Mental Health, which meets regularly to discuss collegiate mental health trends and the evolving landscape of trauma after the onset of COVID-19.

Speaker Disclosures:

Financial: Camille Sluzis has an employment relationship with PSU Counseling and Psychological Services. She has no relevant financial relationships with ineligible organizations.

Non-financial: Camille Sluzis has no relevant non-financial relationships.



## Program Outline

### COVID and Mental Health

#### COVID

- What happened during the pandemic
- Unique experiences of diverse populations

#### MH impact

- CCMH data
- Impact on therapists at university counseling centers

### Loss (specific to college age)

#### Types of grief/loss with examples

#### Developmental loss

- Family stress model
- Loss of safety related to identity and racial trauma

### Impact felt on those with previous trauma and trying to heal

- CCMH data – trauma trends
- Stages of Healing
- Previous trauma
- University employees

#### Attachment

#### Perceived support

### COVID is its own trauma

#### Post Pandemic Stress Disorder

#### PTSD symptomology vs diagnostic criteria

### Clinical implications

#### Post Pandemic Stress Disorder to post Covid growth

#### Risk and protective factors

### Research Limitations

### Summary

## Objectives

1. Name one type of loss that was experienced by college students during the pandemic.
2. Identify one risk factor associated with increased mental health distress post-pandemic.
3. Describe one clinical consideration for therapists working with college students post-Covid.

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For state specific credit, please visit:

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### Psychologists & Physicians:

#### Physicians

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#### Psychologists

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