

CE Series
The Relationship Between Loneliness, Isolation, and Social Distancing
Date: October 19, 2020, 12pm – 1pm

Presenter Bio
Scott J. Lewis, PhD, LPC Program Director UPMC Western Psychiatric Hospital Pittsburgh, Pennsylvania
Dr. Lewis is a program director at UPMC Western Psychiatric Hospital and is a licensed professional counselor. He graduated from the Pennsylvania State University with his bachelor’s degree in psychology, his master’s in professional counseling from Carlow University, and his doctorate in counseling education and supervision from Duquesne University. In his current role, Dr. Lewis provides clinical consultation, supervision, and program management for the dual diagnosis and acute trauma recovery inpatient units at the hospital.
Name and Narrative Description of your Presentation
The Relationship Between Loneliness, Isolation, and Social Distancing Both loneliness and social isolation pose myriad health risks. They have been linked to diverse health outcomes like depression, reduced cognitive functioning, and reduced immune functioning. The COVID-19 pandemic has led to implementation of unprecedented “social distancing” strategies crucial to limiting the spread of the virus. In addition to quarantine and isolation procedures for those exposed to or infected with COVID-19, social distancing is a required measure amongst the general population to reduce the transmission of COVID-19. This training will discuss these constructs, how COVID-19 has affected our ability to manage them and review coping strategies to help combat the negative implications of these constructs. Target Audience: All medical professionals, behavioral health professionals, community members, researchers. Please contact Doreen Barkowitz for additional information regarding speakers and/or presentation.
Three (3) learning objectives
By the completion of this session, participants should be able to: 1. Define the constructs of loneliness, isolation, and social distancing, their intra-relatedness, and the mechanisms by which they lead to poor physical and mental health. 2. Review how the COVID-19 pandemic has led to increased attention on social isolation and loneliness affecting individuals of all ages. 3. Review intervention strategies to help combat loneliness and social isolation.
Three (3) current (within the past 10 years) <u>peer-reviewed</u> publications that support the evidence base for the content of your presentation
1. Beller, J., & Wagner, A. (2018). Loneliness, social isolation, their synergistic interaction, and mortality. <i>Health Psychology, 37</i> (9), 808–813. 2. Hwang, T., Rabheru, K., Peisah, C., Reichman, W., & Ikeda, M. (2020). Loneliness and social isolation during the COVID-19 pandemic. <i>International Psychogeriatrics, 1-4</i> . 3. Berg-Weger, M., Morley, J.E. (2020). Loneliness and Social Isolation in Older Adults during the COVID-19 Pandemic: Implications for Gerontological Social Work. <i>Journal of Nutritional Health and Aging, 24</i> , 456–458.