



GOOD PRACTICES 3.3.1.: Support for psychotherapists and psychologists

The work of an emergency psychologist is burdensome. There are many factors that threaten one's own functioning, such as: substitute traumatization, occupational burnout or tired with compassion.

In the face of severe stress, support from other professionals is very important.

Look for support groups for psychologists and psychotherapists

Here you will find a list of online support groups for psychotherapists and psychologists.

Most of these online groups for therapists existed before the COVID-19 pandemic. However, some were created recently in response to the increased number of therapists wanting to engage in online group work.

<https://grouptherapycentral.com/online-support-groups-for-therapists-during-the-covid-19-pandemic/>