

The Edinburgh Early Intervention Model:

Psychological First Aid & Abbreviated Interpersonal Psychotherapy (IPT)
Adapted for Covid 19

E-EIM-CV19



E-EIM-CV19 is a 3 staged model for early response in the context of Covid 19. It is for use at ANY stage during the pandemic. The model consists of 8 possible sessions over three stages with three potential exit points after sessions 2, 4 and 8. The model may be delivered remotely using telephone or video technology.

What is E-EIM-CV19?

The overarching aim is to optimise successful adaptation to the Covid 19 Pandemic.

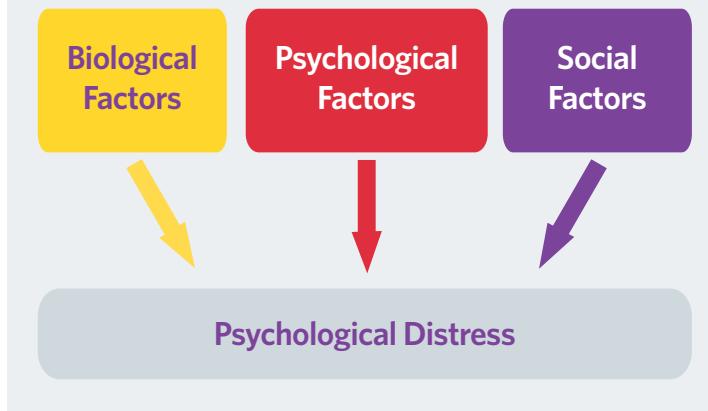
- E-EIM-CV19 is a **step-by-step guide** to help you deliver
 - **Psychological First Aid (Stage 1)**
 - **Psychosocial intervention (Stages 2 & 3)**
 - **Abbreviated Interpersonal Psychotherapy (IPT)**
- Stage 1 has 2 sessions
- Stage 2 has 2 sessions
- Stage 3 has 4 sessions

- 1) *For those who are finding it difficult making the **transition** between pre and post pandemic (**transition**) or...*
- 2) *For those who have lost a loved one (**grief**)*

WHO can use E-EIM-CV19?

- Any mental health worker working on a phone line/video call with those in distress.
- You do **NOT** have to be formally trained in any specific Psychological Therapy.
- You **DO** need clinical supervision.

Formulation: Biopsychosocial in the context of Covid 19 pandemic



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UP TO 3 WEEKS

Basic needs & physical resources; Information re current details & facts about the pandemic; services available; any immediate ongoing dangers?

