



National Center on Advancing Person-Centered Practices and Systems

Transcript from a short video titled “Concerned About the Trauma of Isolation” with Karyn Harvey for NCAPPS’ Pandemic Wisdom series

Karyn Harvey has a Ph.D. from the University of Maryland In Applied Developmental Psychology. She has worked in the field of intellectual disabilities as a psychologist for over 30 years and has published 2 books on the topic. Her third book, Trauma and Healing, was released in the beginning of 2020.

Hi, my name is Karyn. And I care a lot about people with disabilities. And I'm really concerned right now, because I think it's pretty traumatizing to be isolated. And many folks come from a history of isolation, which has been so tough. And now because of COVID, here we are. And I know that there are agencies that feel very concerned, and are very responsible and want to keep folks safe. But as a part of that, people are not seeing anybody and not able to do much at all. And I'm worried that we're further traumatizing people through this isolation. I'm hoping that we can figure out how to use technology. I know some places are trying really hard to do that. I know there's some places where people think well because somebody is non-speaking, even though words are in their head and words are everywhere in their life, they may not be able to actually use them for verbal expression. And that means they can't be using technology or communicating and that's very isolating. So I'm really concerned about what we are doing to help people connect in ways that will soften the effects of the trauma of COVID.