

Post-COVID Therapist Manual and Post-COVID Patient Manual

The Post-COVID Group Treatment manual is a six-session (plus two booster sessions) group treatment for adults with long COVID. It was designed for a trained professional to utilize in provision of group treatment for individuals with long COVID (ongoing symptoms that occur after SARS-CoV-2 infection for at least 3 months). There is a parallel patient workbook as well, to be used concurrently by individuals participating in the group treatment. This self-management manual provides education and teaches participants behavioral strategies known to be helpful in managing symptoms commonly reported in this patient population, including fatigue, memory and attention problems, insomnia, dyspnea, coping with anxiety and uncertainty, and stress management. Each session is designed to last 1.5 hours. The Post-COVID Group Treatment manual and corresponding patient workbook ("Work") are the intellectual property of the University of Washington (UW).

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