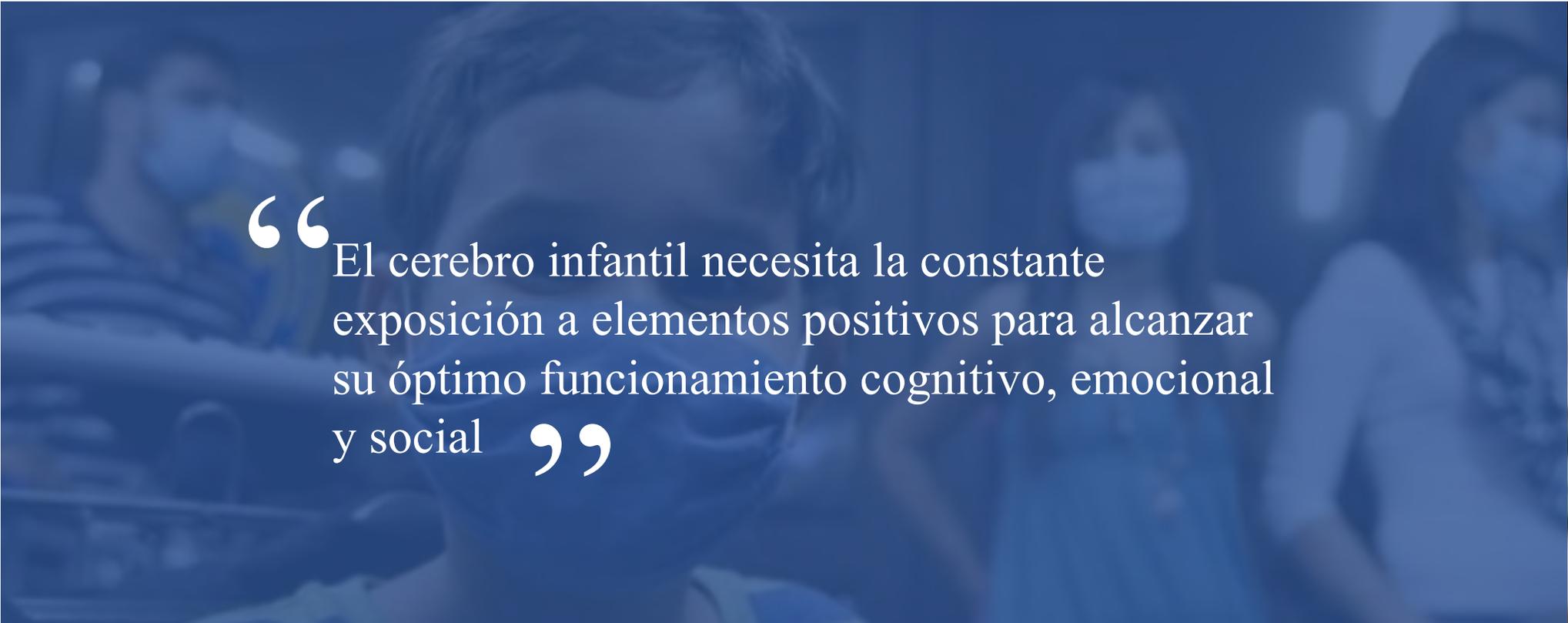




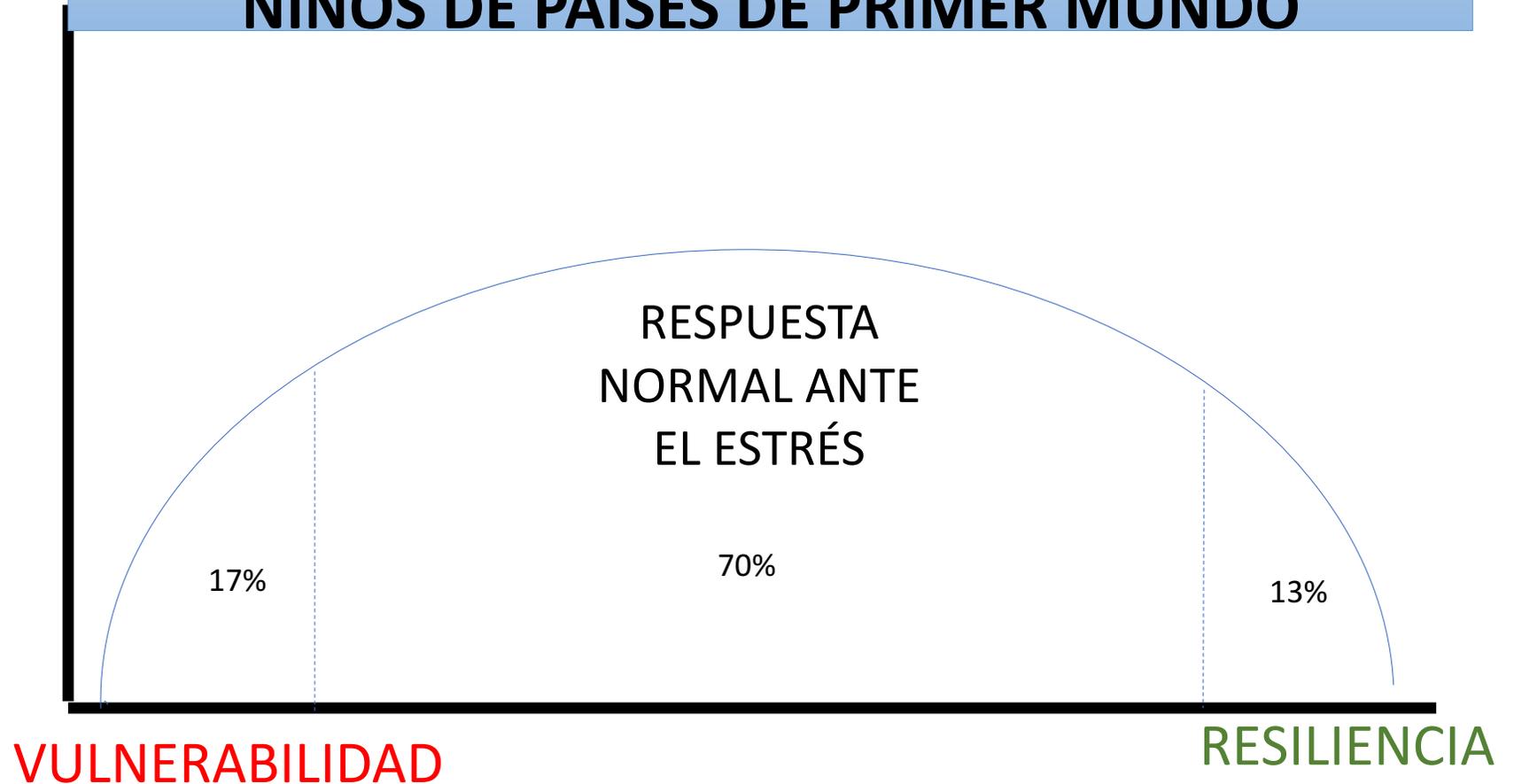
COVID-19: ¿CÓMO CONTROLAR
EL IMPACTO EMOCIONAL
NEGATIVO EN LOS
ESTUDIANTES?

Dr. Israel Castillo

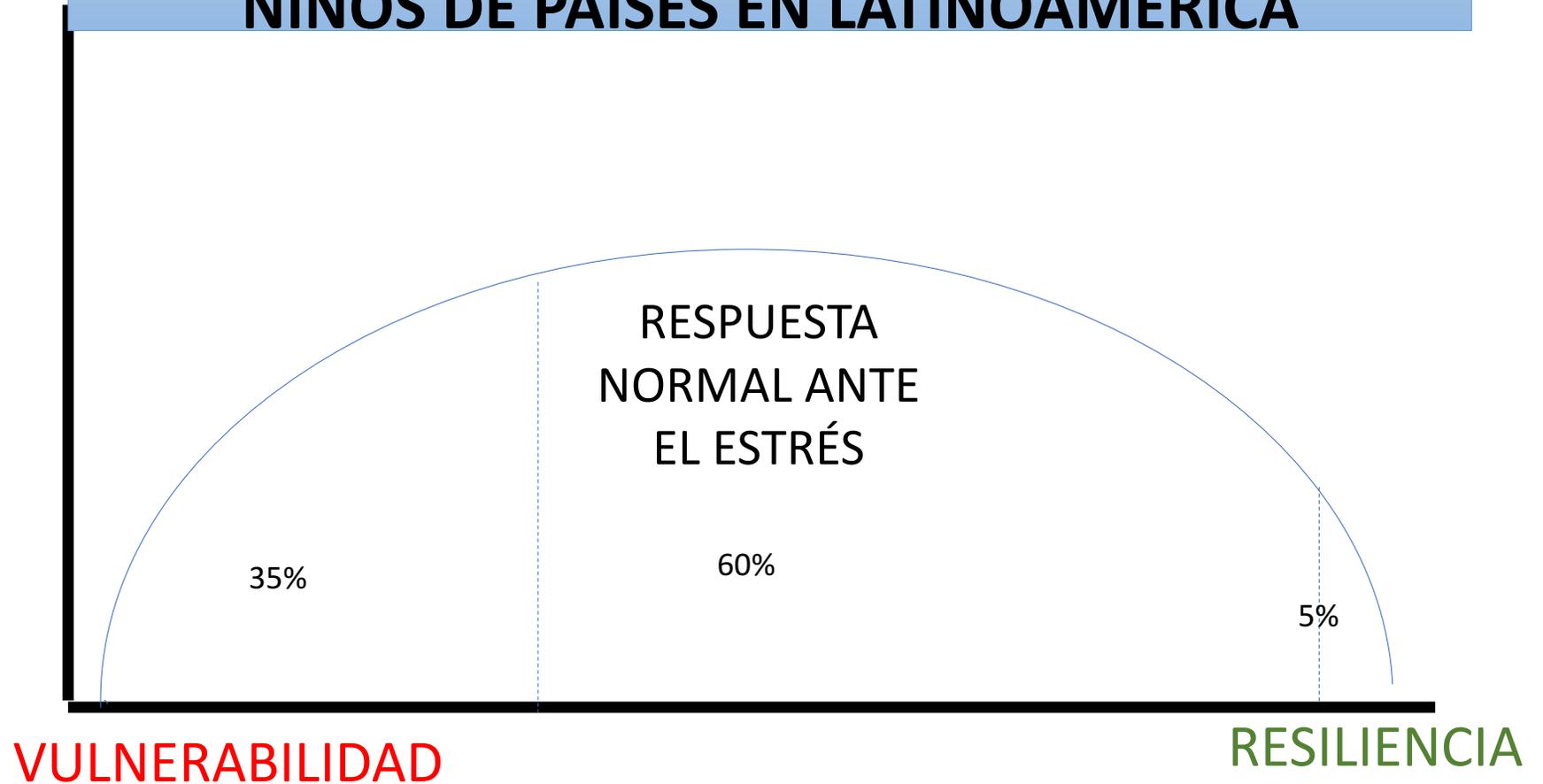


“ El cerebro infantil necesita la constante
exposición a elementos positivos para alcanzar
su óptimo funcionamiento cognitivo, emocional
y social ”

ESTADO PSICO-EMOCIONAL PRE COVID 19 EN NIÑOS DE PAÍSES DE PRIMER MUNDO



ESTADO PSICO-EMOCIONAL PRE COVID 19 EN NIÑOS DE PAÍSES EN LATINOAMÉRICA



A Voice the President's Team Can't Hush? The President's

By PETER BAKT

WASHINGTON — The House managers prosecuting President Trump for high crimes and misdemeanors have failed so far to persuade Senate Republicans to let them call new witnesses in his impeachment trial. But in their own way, they have come up with a star witness they can bring to the floor: Mr. Trump himself. Stunned at this point from presenting five testimony, the managers have offered up the president as the most damning witness against himself, turning his own words against him by quoting from his public remarks, closing accounts of his private discussions and showing video clips of

him making incalculable statements that the House team argues violate its case. Thanks to screens set up in front of the senators, Mr. Trump's voice has repeatedly echoed through the Senate chamber the past three days. There he was on the South Lawn of the White House publicly calling on Ukraine to investigate a campaign rival, former Vice President Joseph R. Biden Jr. There he was calling on China to go after Mr. Biden, too. There he would willingly take foreign help to win an election. And there he was back in 2016 calling on Russia, "if you're listening," to hack into Clinton's account and showing video clips of

Facing Queries About His Son, Biden Is by Turns Calm or Curt

By THOMAS KAPLAN and KATIE GUECK

SPARKS, Nev. — Joseph R. Biden Jr. called an octogenarian voter a "dumb fat" and challenged him to a push-up contest. He dismissed a heckler as an "idiot." He commanded the news media to focus on President Trump instead of the overseas business dealings of his son, Hunter Biden, demanding of one reporter, "Ask the right question!" For months now, Mr. Biden has been confronted as the campaign trail with questions, attacks and misinformation concerning his son — encounters that have taken on a dramatic feel, given the uncertainty of how Mr. Biden will respond. As he began to address the crowd in a high school gym in Sparks this month, a group of protesters held up letters spelling out a taunt that Mr. Trump uses regularly: "Hunter's Hunter?" Mr. Biden responded by saying his son "sends his best regards."

In doing so, they took a calculated risk in talking at length about Mr. Trump's targets — former Vice President Joseph R. Biden Jr. and his son Hunter Biden — and underscored the political backdrop of a trial that is unfolding only 16 months before the election and is likely to reverberate long after the verdict.



PHOTO BY AP/WIDEWORLD FOR THE NEW YORK TIMES

"You know you can't trust this president to do what's right for this country — you can trust he will do what's right for Donald Trump," said Representative Adam B. Schiff, the lead impeachment manager, said in an impassioned appeal as the clock ticked past 10 p.m. "This is why if you find him guilty, you must find that he should be removed. Because right matters. Right matters and the truth matters. Otherwise we are lost."

President Trump's lawyers have said he acted on policy. The story of corruption that employed Hunter Biden on its board. Representative Sylvia R. Garcia, Democrat of Texas, spoke nearly an hour debunking the claim and said that, in fact, the opposite was true. The prosecutor, Viktor Shokin, was widely perceived as corrupt," she said, and Mr. Biden was acting in accordance with official protocol. Continued on Page A12

THE SPEAKER Nancy Pelosi has closely managed the impeachment from the start. She is not setting up during the Senate trial. PAGE A12

THE VOTERS Most we talked to are paying attention to the trial, get what it's all about and have strong opinions on impeachment. PAGE A10

'He Raped Me,' An Actress Tells Weinstein Jury

By JAN RANSOM and ALAN FRIED

They met at a party in Los Angeles in the early 1990s. She was an up-and-coming actress. He was a young producer. As they got to know each other over the next few years, there were, she said, some "inappropriate" gestures: a cany package of popcorn and Valium, a box of chocolate pensies. Then, Anabella Sciorra said to the witness stand on Thursday, Harvey Weinstein raped her. Fighting back tears, Ms. Sciorra testified in excruciating detail in a hushed courtroom about the night she said she was attacked. After shaving his way into her Manhattan apartment, she said, Mr. Weinstein took her to a bedroom, forced her onto the bed and, as she sought to fight him off, sexually assaulted her. "I was trying to get him off me," Ms. Sciorra told the jury, her voice cracking with emotion. "I was punching him, kicking him." But Mr. Weinstein held her down, she said, adding, "He got on top of me and he raped me."

Subways Chief Resigns in Feud With Governor

By CHRISTINA GOLDBLUM and EMMA G. FITZSIMMONS

After being hired to New York two years ago to help revive the city's subway, Andy Byford earned praise from riders and mass transit advocates for bringing about improvements on an antiquated system that had been undermined by breakdowns, delays and mismanagement. But as Mr. Byford rose in stature, even earning the nickname "Train Daddy" among rail enthusiasts, he increasingly clashed with the one official who has the final say over the subways: Gov. Andrew M. Cuomo, who considers himself something of a modern-day master builder. On Thursday, Mr. Byford resigned, saying doubt about the future of extensive plans that are intended to modernize the nation's largest subway system. City Council speaker, responded with one word on Twitter: "DEVASTATED."



U.S. Casualties in Australia Three American firefighters died when a plane carrying fire retardant crashed. Above, battling a blaze in New South Wales. PHOTOS BY AP/WIDEWORLD

As Fears of Pandemic Grow, China Puts 20 Million on Lockdown

By CHRIS BUCKLEY and JAVIER C. HERNANDEZ

WUHAN, China — The authorities drastically expanded a travel lockdown in central China on Thursday, essentially penning in more than 12 million residents in a city understood to contain a deadly virus that is overwhelming hospitals and fueling fears of a pandemic. The new limits — abruptly decreed ahead of the Lunar New Year holiday, China's busiest travel season — were an extraordinary step that underscored the ruling Communist Party's deepening fears about the outbreak of a little understood coronavirus. It has killed at least 25 people and sickened more than 800 in China and at least six other countries, including the United States, according to statistics from health officials.



INTERNATIONAL A4-B
Peace Plan to Be Unveiled
President Trump scheduled a White House meeting on the plan with Prime Minister Benjamin Netanyahu of Israel.

NATIONAL A10-18
How Grammys Got Off Track
Accusations of harassment and bullying impede what was supposed to be a new path for the Grammys. PAGE A8



SPORTS/FRIDAY B8-12
A Humble Giant in New York
After 16 NFL seasons, all with the Giants, Eli Manning chose to retire rather than play elsewhere. PAGE B8

EL PAÍS

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COPA DEL REY El Atlético cae eliminado por la Cultural, de Segunda B

EL VIAJERO De Madrid a Surinam por 165 países en Futur



Pacientes agolpados a las puertas de una clínica de Wuhan donde se trata a infectados. FOTOGRAFÍA DE AP/WIDEWORLD

China aísla a 21 millones de personas para frenar la expansión del virus

La OMS evita por el momento decretar la emergencia internacional. Ya hay 644 infectados en siete países

J. SANTIRSO / M. VIDAL LIT Las autoridades chinas tratan de aislar a las personas. La Organización Mundial de la Salud (OMS) evita por el momento decretar la emergencia internacional. Ya hay 644 infectados en siete países.

El Tribunal Supremo retira el acta de diputado a Torra

La Junta Electoral da 48 horas para proceder al relevo. El 'procatalán' dice que no acatará la

R. RINCÓN / P. RIGOS Madrid / Barcelona El Tribunal Supremo acordó ayer retirar a Quim Torra el acta de diputado hasta que haya una sentencia firme sobre su inhabilitación. La Sala de lo Contencioso, en contra del criterio de la Fiscalía, rechazó por unanimidad que el presidente mantenga el escaño mientras el Tribunal resuelve el recurso contra la decisión de la Junta Electoral Central (JEC) de apartarlo de su escaño. Este organismo exigió a Torra que renunciara al Parlamento la ejecución del relevo, para el que la Junta Electoral Provincial de Barcelona ha dado un plazo de 48 horas. Los magistrados del Supremo no se pronuncian sobre si la pérdida de la condición de diputado implica que tenga que dejar la presidencia de la Generalitat, una decisión que, en principio, debe tomar el Parlamento aplicando su propia normativa. La resolución abre un futuro incierto en la política catalana. "Soy diputado y presidente de Catalunya porque así lo decidió la ciudadanía", dijo Torra. El próposito de un plebiscito. Encargue un juez jurisdicción. El PP a Ábaladeclarar con los dos. La viceparó et vetado. PP Ciudad la compra ministro Luis Ábalade nombró en gada del 1to de Maccepreside Delcy Rópcan sar le impide comunita



Las condiciones físicas y sociales durante el confinamiento, están teniendo una afectación negativa en el cerebro infantil



Su mundo social,
emocional y
cognitivo se redujo
de manera drástica



La conexión interpersonal es la fuente más poderosa que el cerebro tiene para poder manejar los efectos negativos del estrés



La suma de las condiciones sociales y relacionales adversas, más la posible afectación emocional de las figuras adultas, generan un distanciamiento social y emocional muy dañino para el cerebro infantil



El estrés por sí solo,
no puede generar
afectaciones
profundas y
duraderas en el
cerebro humano



Nuestro cerebro
cuenta con las
capacidades
necesarias para
manejar situaciones
estresante, bajo
condiciones
normales
(equilibrio)



De hecho, el estrés es el elemento más importante para el desarrollo de lo que se ha llamado Resiliencia



Por otra parte,
el estrés bajo
condiciones
anormales
(desequilibrio)
tiene el
potencial para
generar graves
afectaciones
neurológicas



El elemento que determinará si el estrés produce resultados positivos o negativos, es lo que se conoce como Patrón de Estrés

PATRONES DE ESTRÉS

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graph TD; A[PATRONES DE ESTRÉS] --> B[IMPREDECIBLE  
EXTREMO  
PROLONGADO]; A --> C[PREDECIBLE  
MODERADO  
CONTROLADO]; B --> D[PREDISPOSICIÓN  
VULNERABILIDAD]; C --> E[TOLERANCIA  
RESILIENCIA];
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IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

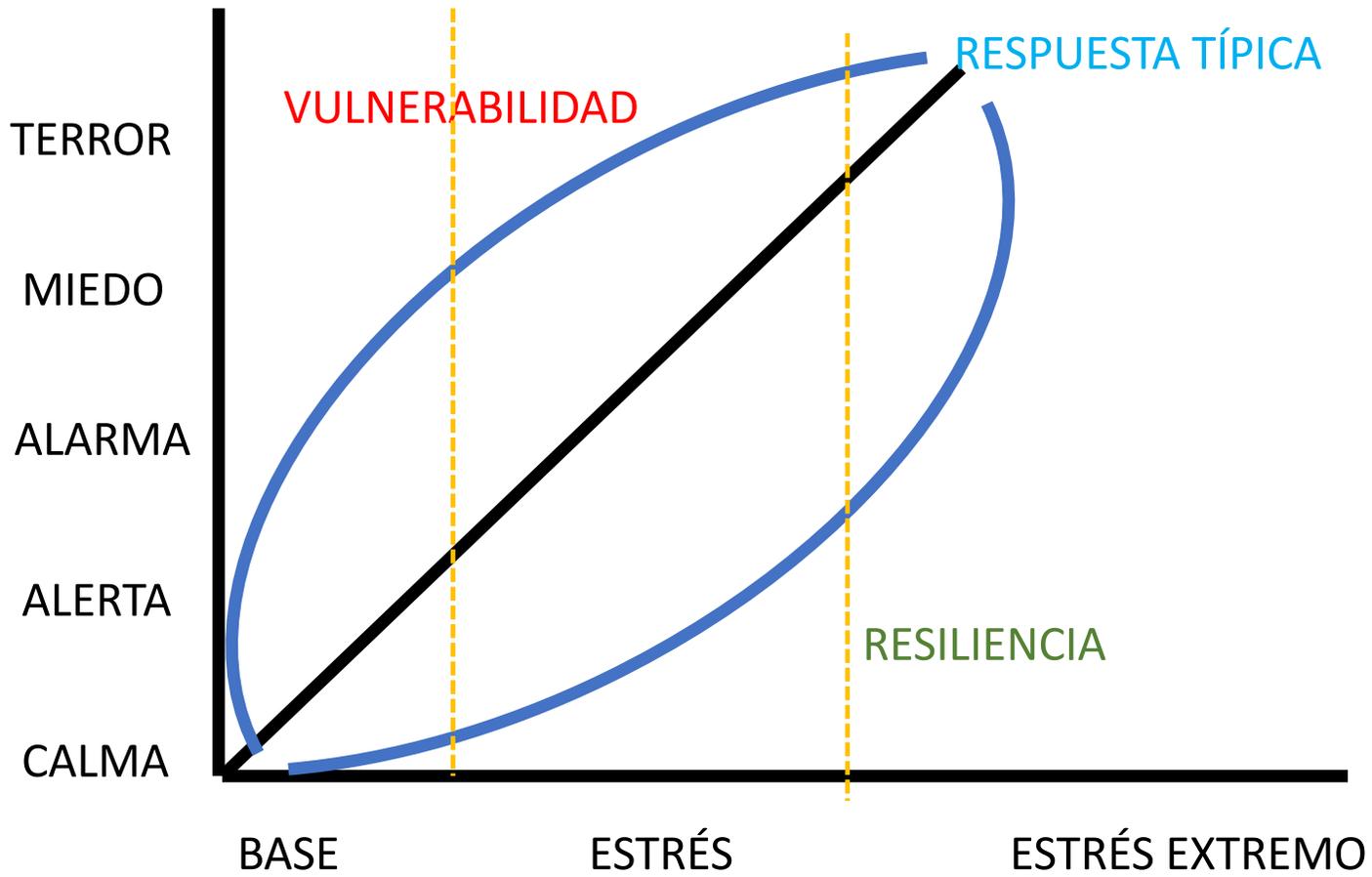
PREDISPOSICIÓN
VULNERABILIDAD

TOLERANCIA
RESILIENCIA

PREDISPOSICIÓN
VULNERABILIDAD



EXPERIENCIA ADVERSA
EN LA INFANCIA



PATRONES DE ESTRÉS

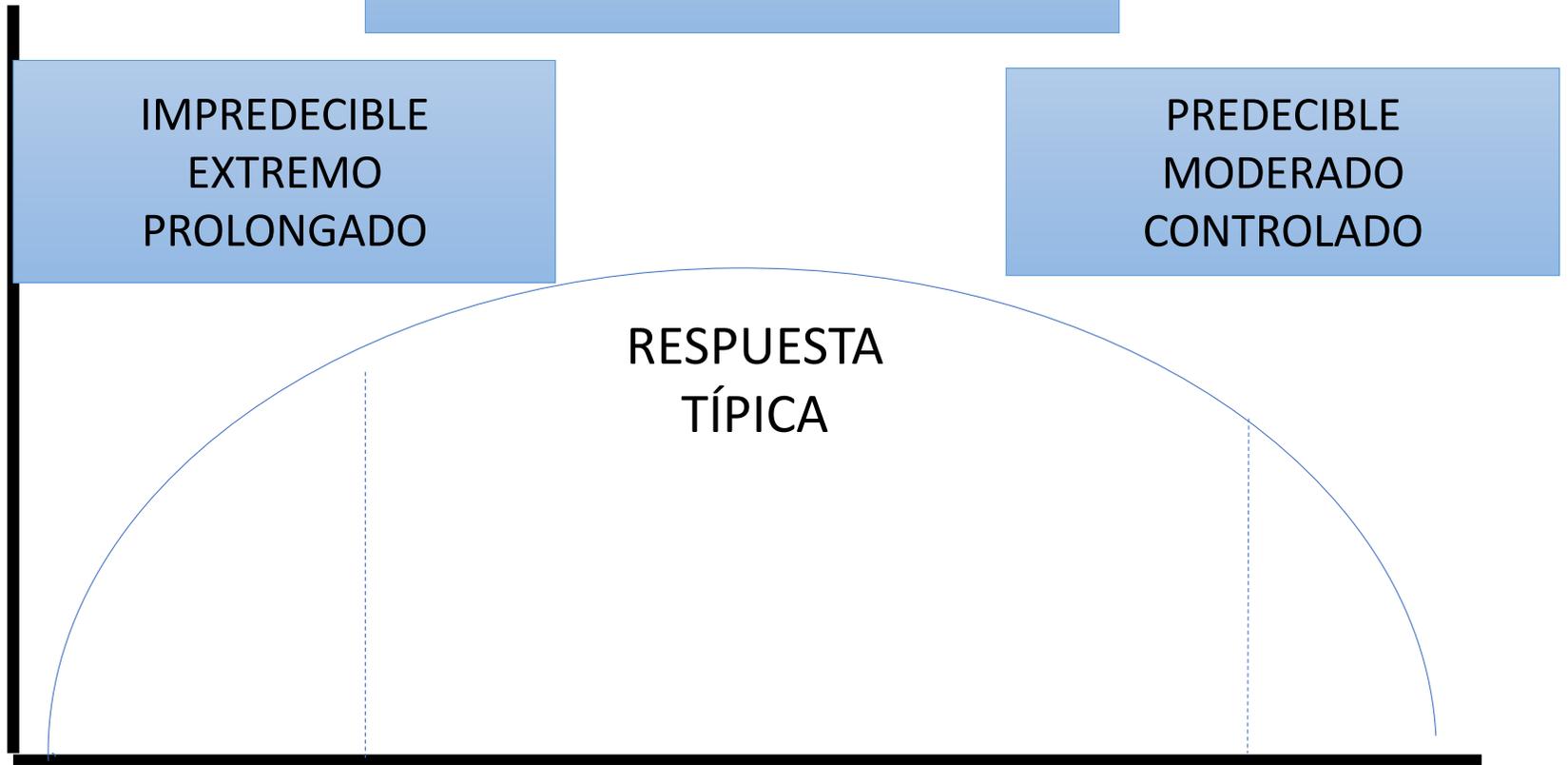
IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

RESPUESTA
TÍPICA

VULNERABILIDAD

RESILIENCIA



PATRONES DE ESTRÉS

IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

ESTRUCTURA DIARIA
COMIDAS FAMILIARES
LIMITES PARA TELEVISIÓN, TELÉFONO, ETC.
EJERCICIO
SUPERVISIÓN DE TAREAS ESCOLARES
JUEGOS FAMILIARES
ESPACIOS PERSONALES
RUTINAS DE SUEÑO

VULNERABILIDAD

RESILIENCIA

PATRONES DE ESTRÉS

IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

SIN RUTINAS
EXCESO DE COMIDAS Y DULCES
MUCHA EXPOSICIÓN A TELÉFONOS
SIN EJERCICIO
SIN RUTINA DE SUEÑO
SIN SUPERVISIÓN DE TAREAS ESCOLARES
SIN DINÁMICAS SOCIALES, FAMILIARES
PESIMISMO

VULNERABILIDAD

RESILIENCIA

FACTORES DE RIESGO PREEXISTENTES

IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

POBREZA
DESEMPLEO
ADICCIONES
HACINAMIENTO
FRAGMENTACIÓN SOCIAL
VIOLENCIA COMUNITARIA
VIOLENCIA FAMILIAR
ABUSOS

VULNERABILIDAD

RESILIENCIA

FACTORES PREEXISTENTES DE RESILIENCIA

IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

Vínculos emocionales sanos
Estabilidad económica
Espacios físicos apropiados
Seguridad comunitaria
Familia estable
Ambiente libre de violencia
Respeto

VULNERABILIDAD

RESILIENCIA

**PRONÓSTICO A MEDIANO-LARGO
PLAZO**

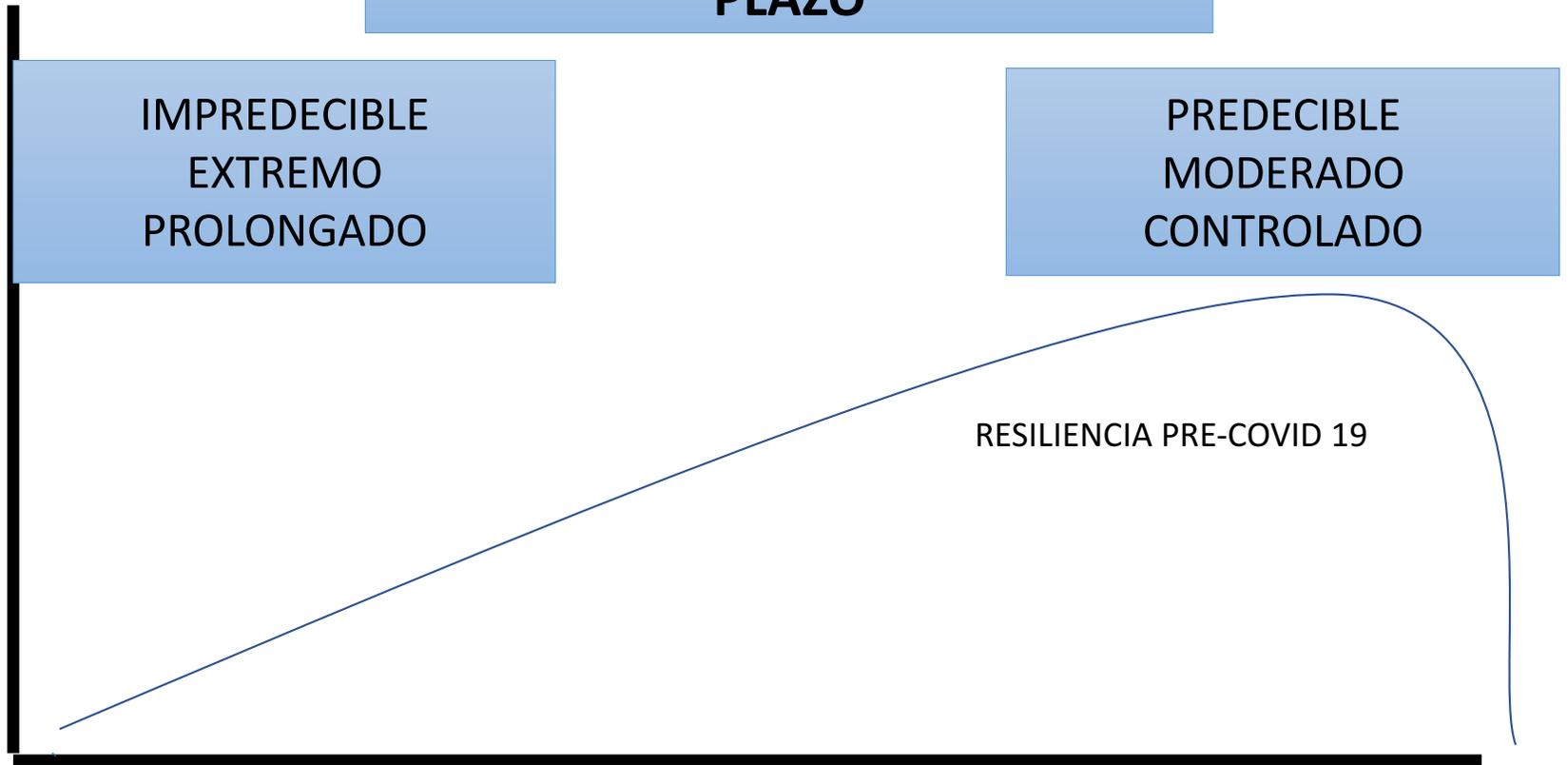
IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

RESILIENCIA PRE-COVID 19

VULNERABILIDAD

RESILIENCIA



**PRONÓSTICO A MEDIANO-
LARGO PLAZO**

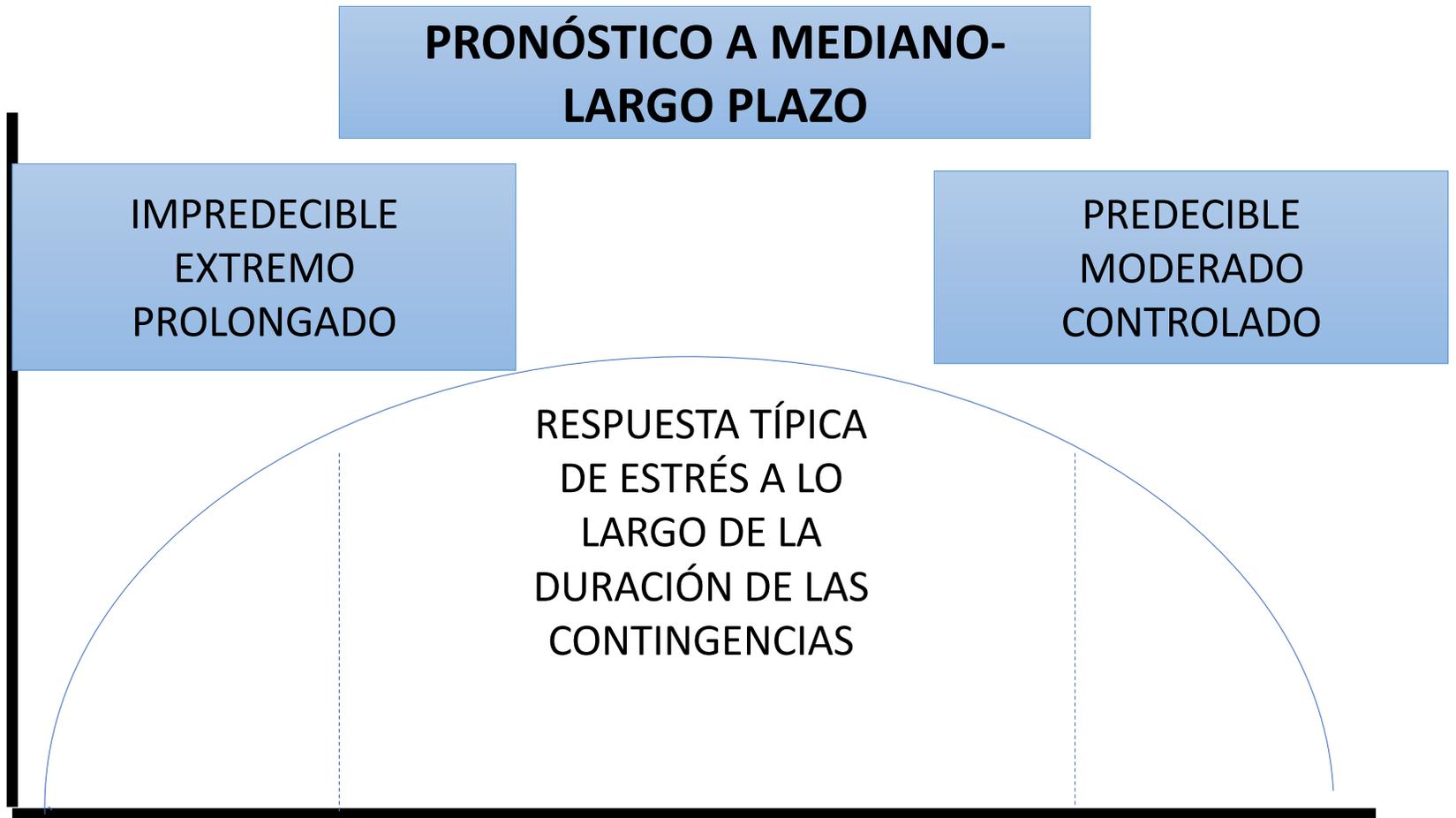
IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

RESPUESTA TÍPICA
DE ESTRÉS A LO
LARGO DE LA
DURACIÓN DE LAS
CONTINGENCIAS

VULNERABILIDAD

RESILIENCIA



PRONÓSTICO A MEDIANO- LARGO PLAZO

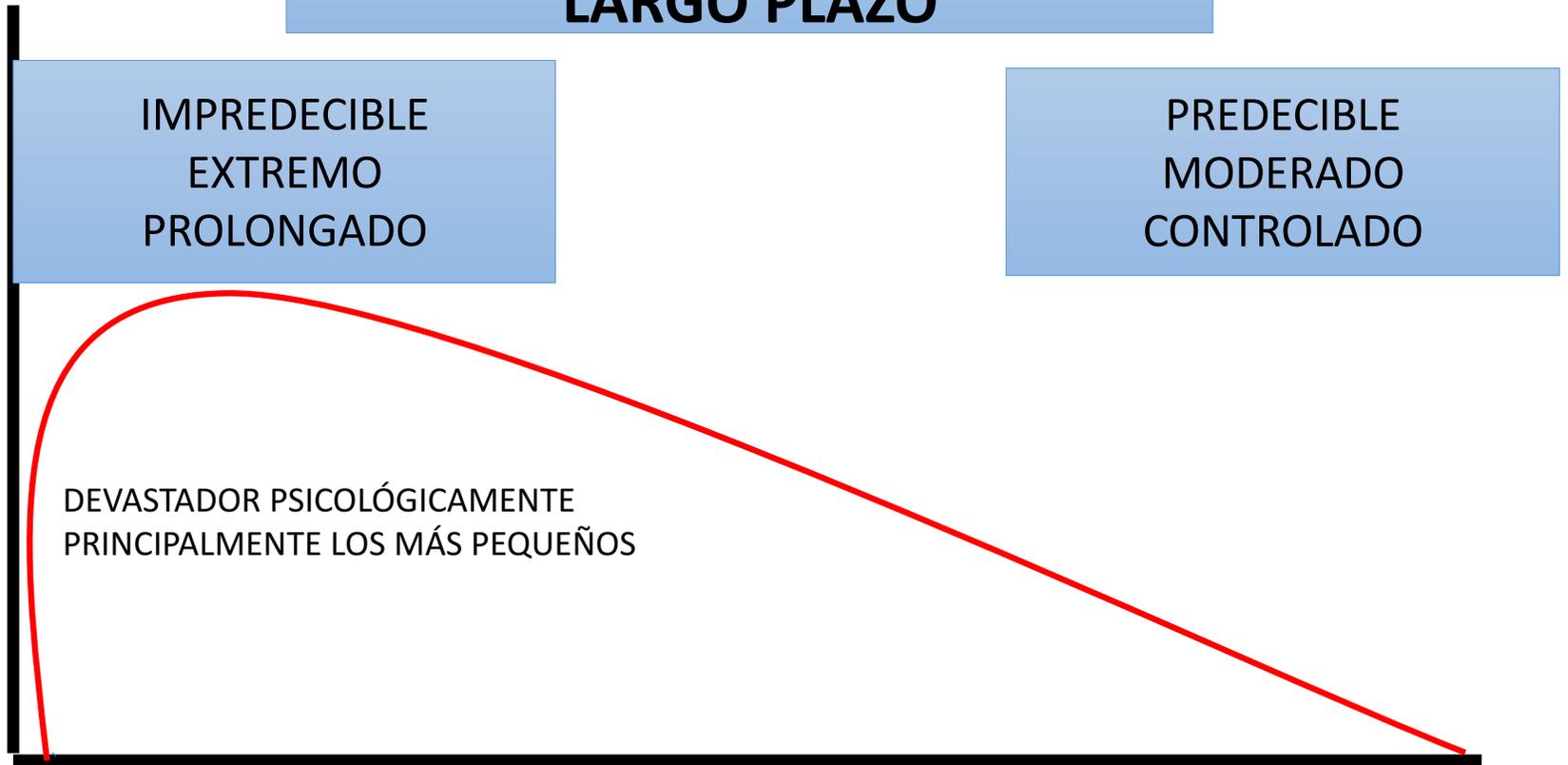
IMPREDECIBLE
EXTREMO
PROLONGADO

PREDECIBLE
MODERADO
CONTROLADO

DEVASTADOR PSICOLÓGICAMENTE
PRINCIPALMENTE LOS MÁS PEQUEÑOS

VULNERABILIDAD

RESILIENCIA



PRONÓSTICO A MEDIANO-LARGO PLAZO

IMPREDECIBLE
EXTREMO
PROLONGADO

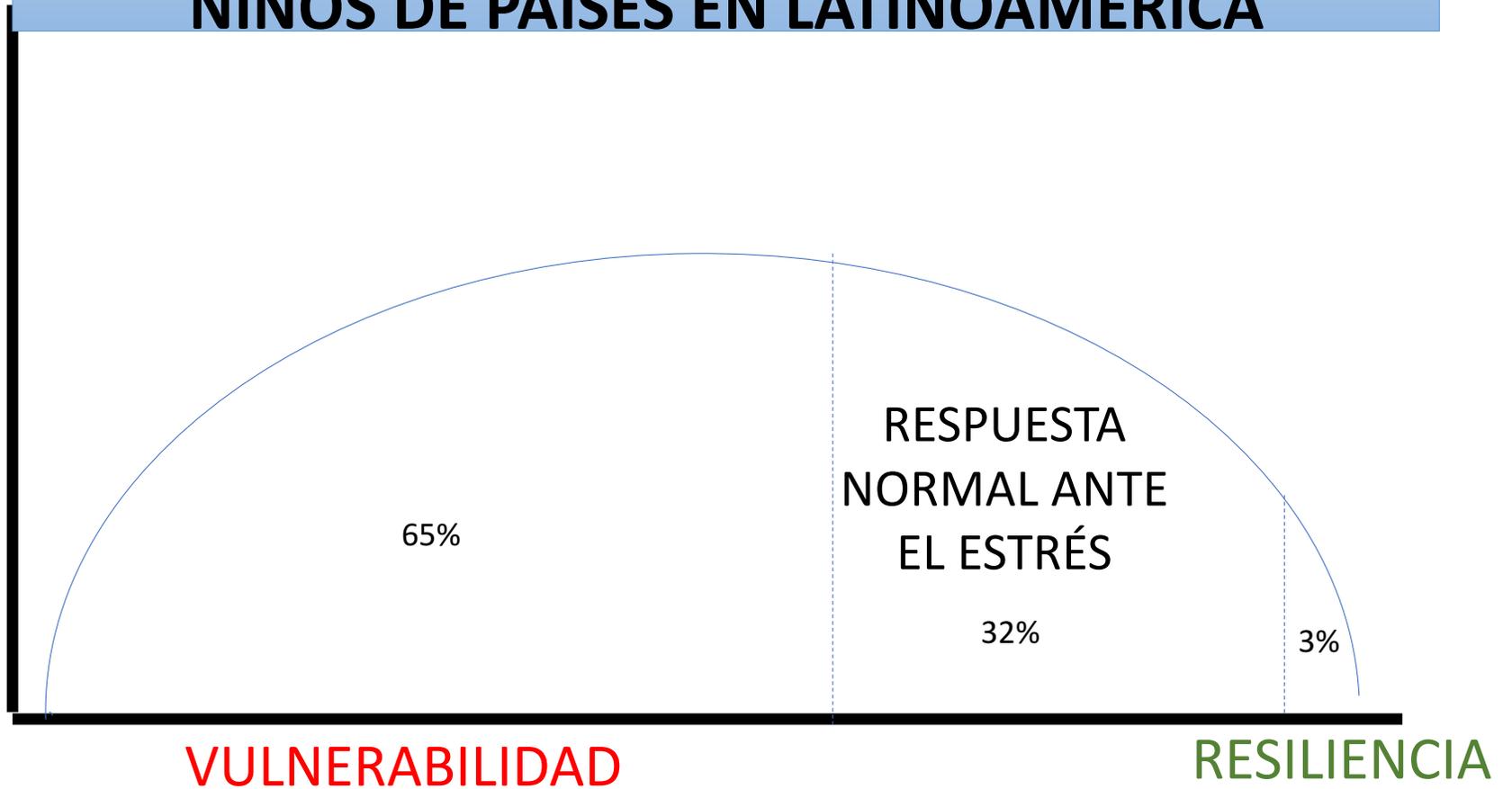
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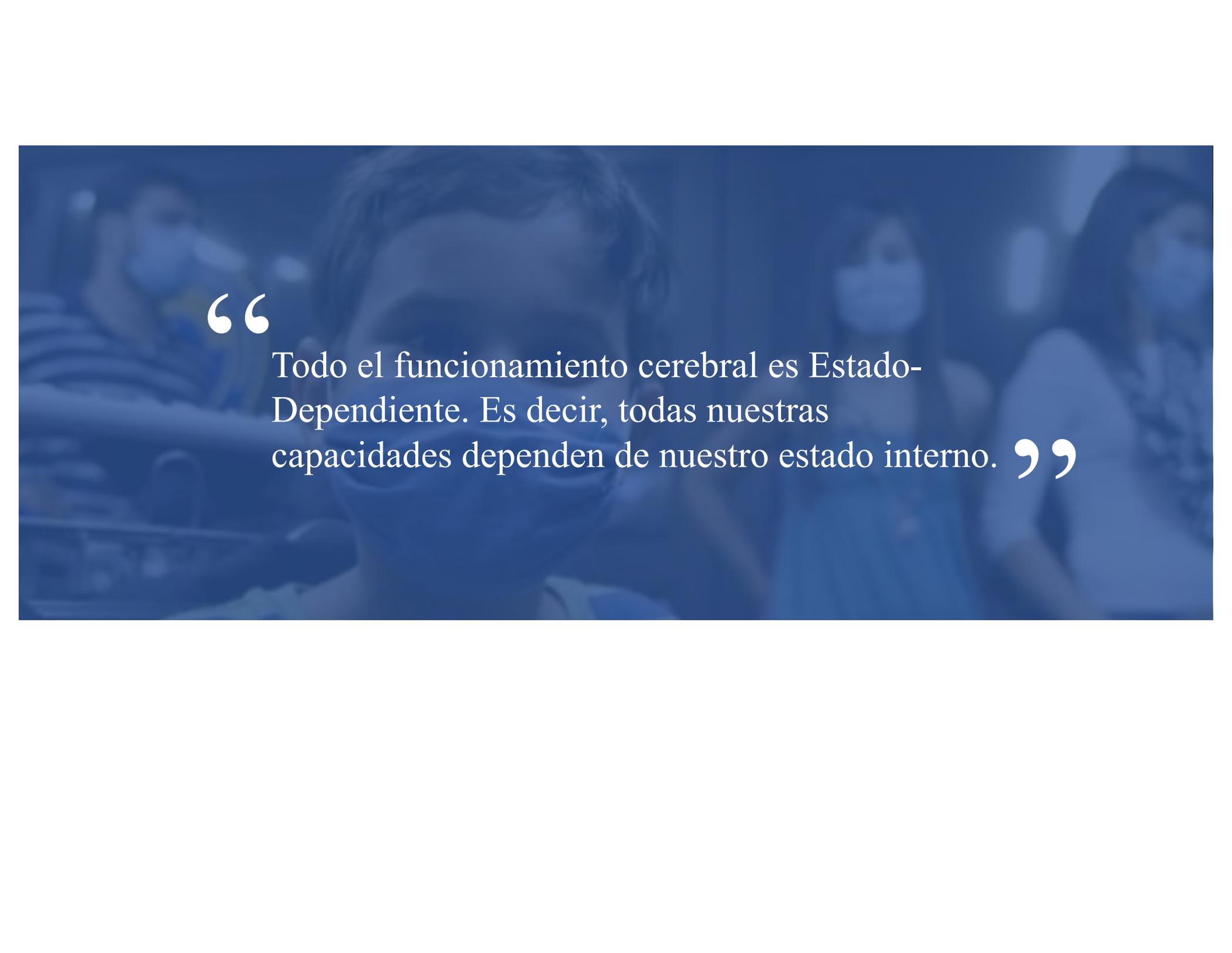
Pandemia de enfermedades mentales
Descomposición social
Criminalidad
Suicidios
Consecuencias Transgeneracionales
Deterioro de salud general

VULNERABILIDAD

RESILIENCIA

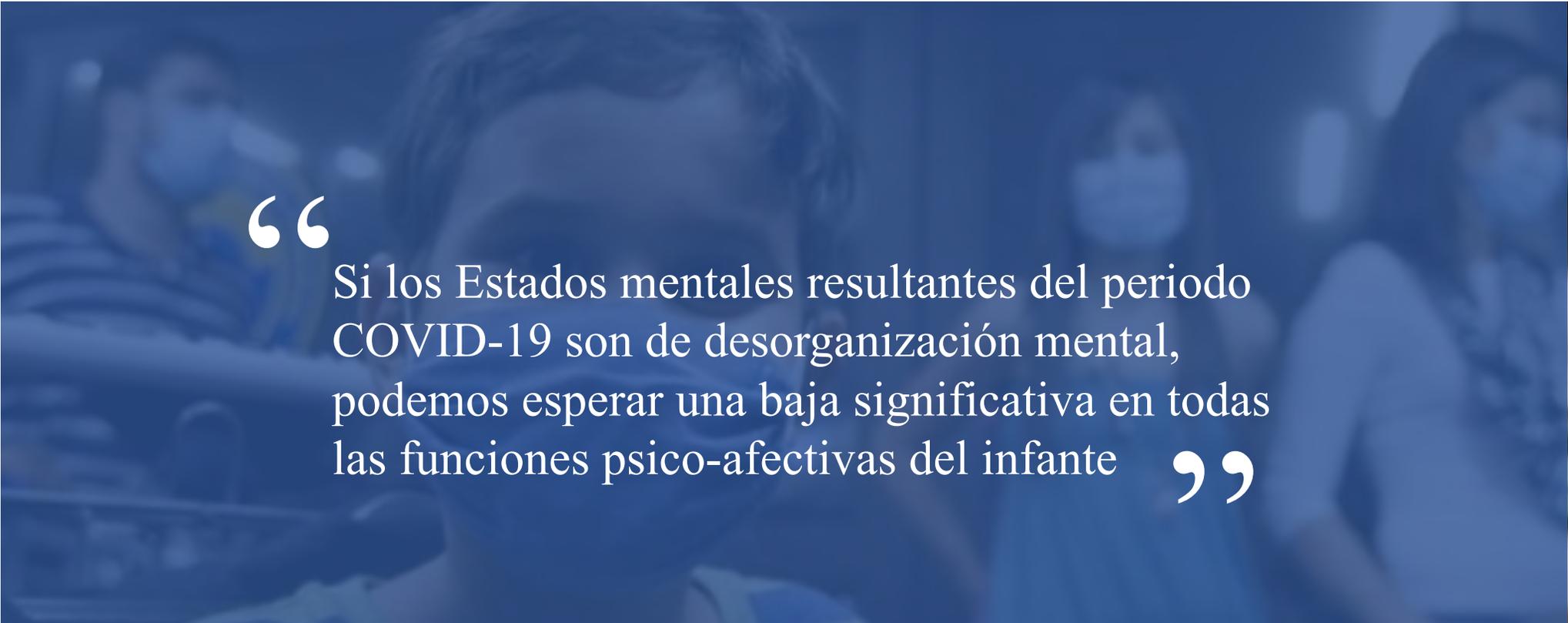
ESTADO PSICO-EMOCIONAL POST COVID 19 EN NIÑOS DE PAÍSES EN LATINOAMÉRICA





“

Todo el funcionamiento cerebral es Estado-Dependiente. Es decir, todas nuestras capacidades dependen de nuestro estado interno. ”



“

Si los Estados mentales resultantes del periodo COVID-19 son de desorganización mental, podemos esperar una baja significativa en todas las funciones psico-afectivas del infante ”

ÁREAS DE TRABAJO

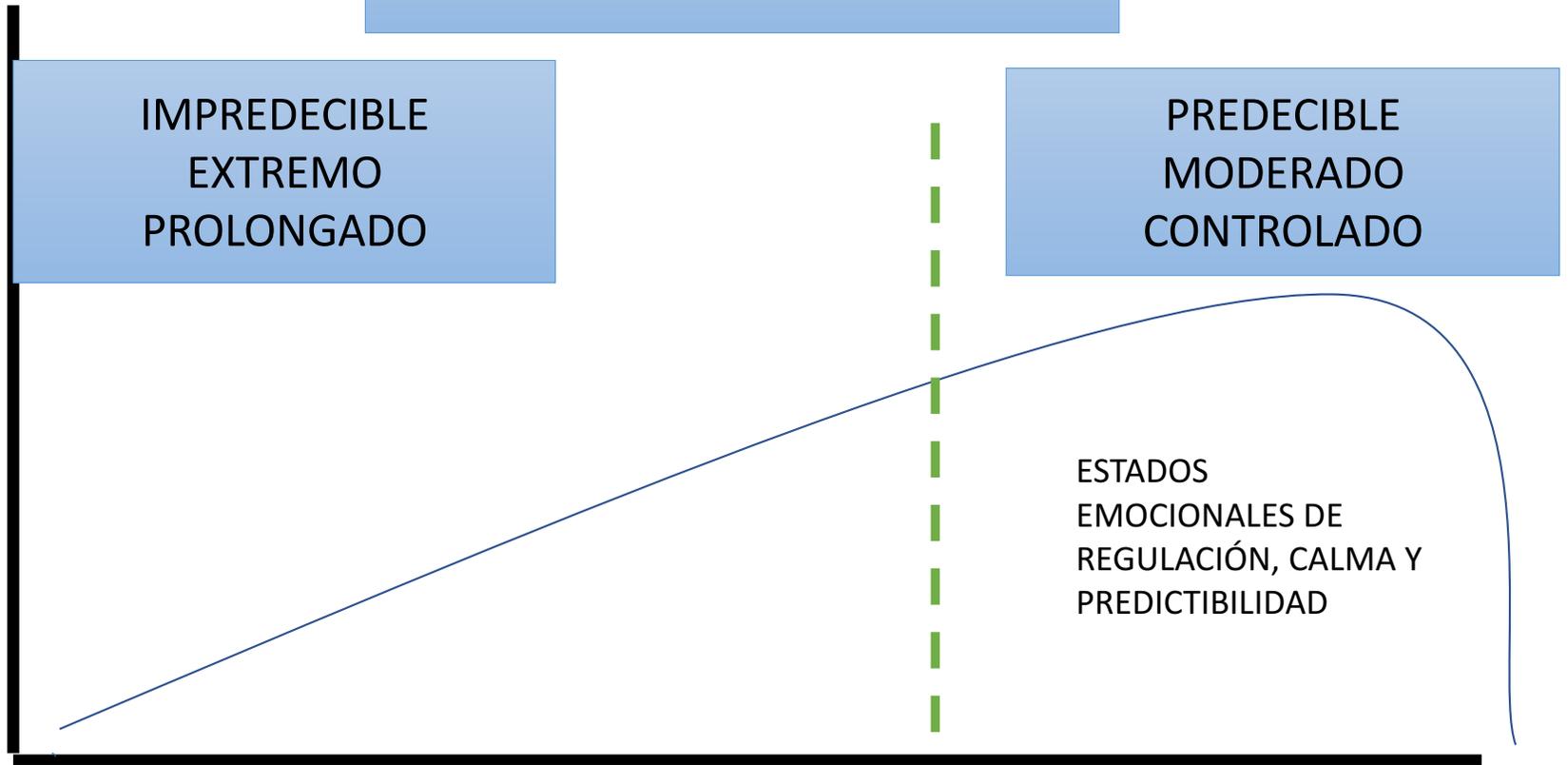
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EXTREMO
PROLONGADO

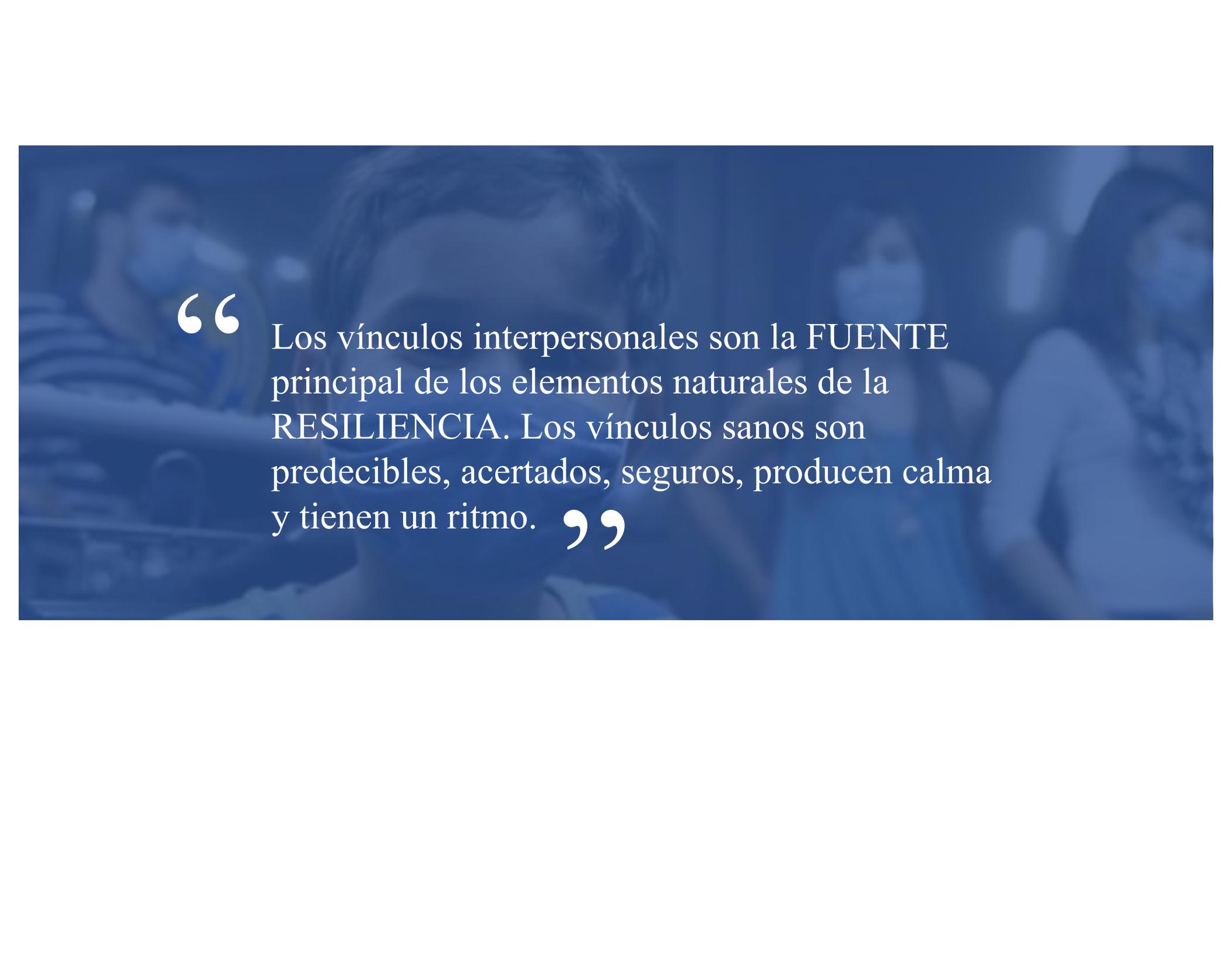
PREDECIBLE
MODERADO
CONTROLADO

ESTADOS
EMOCIONALES DE
REGULACIÓN, CALMA Y
PREDICTIBILIDAD

VULNERABILIDAD

RESILIENCIA





“ Los vínculos interpersonales son la FUENTE principal de los elementos naturales de la RESILIENCIA. Los vínculos sanos son predecibles, acertados, seguros, producen calma y tienen un ritmo. ”



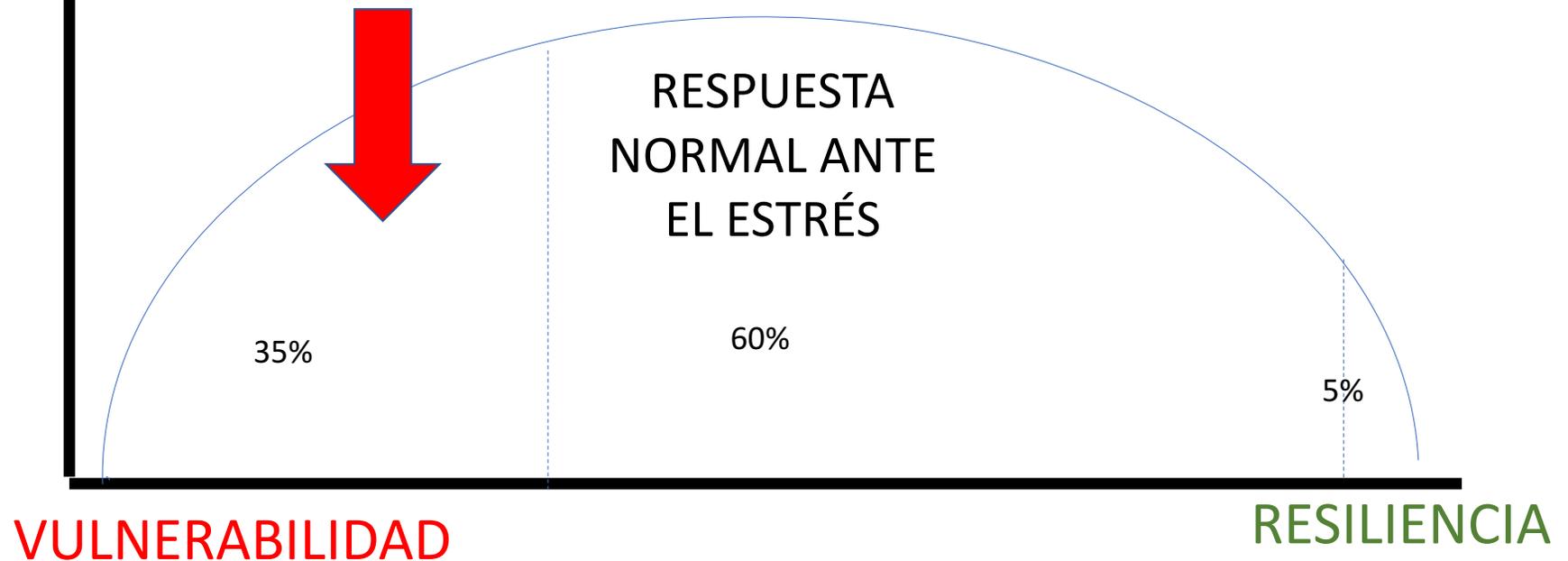
Los Seres Humanos
somos criaturas
sociales, no por
gusto o placer, sino
por sobrevivencia



Lo que puede restaurar las capacidades naturales de resiliencia son las personas, no los programas, ni las técnicas

ESTADO PSICO-EMOCIONAL PRE COVID 19 EN NIÑOS DE PAÍSES EN LATINOAMÉRICA

¿QUÉ FACILITA ESTA VULNERABILIDAD?





La respuesta la encontramos en la baja calidad y cantidad de las relaciones interpersonales (vínculo)

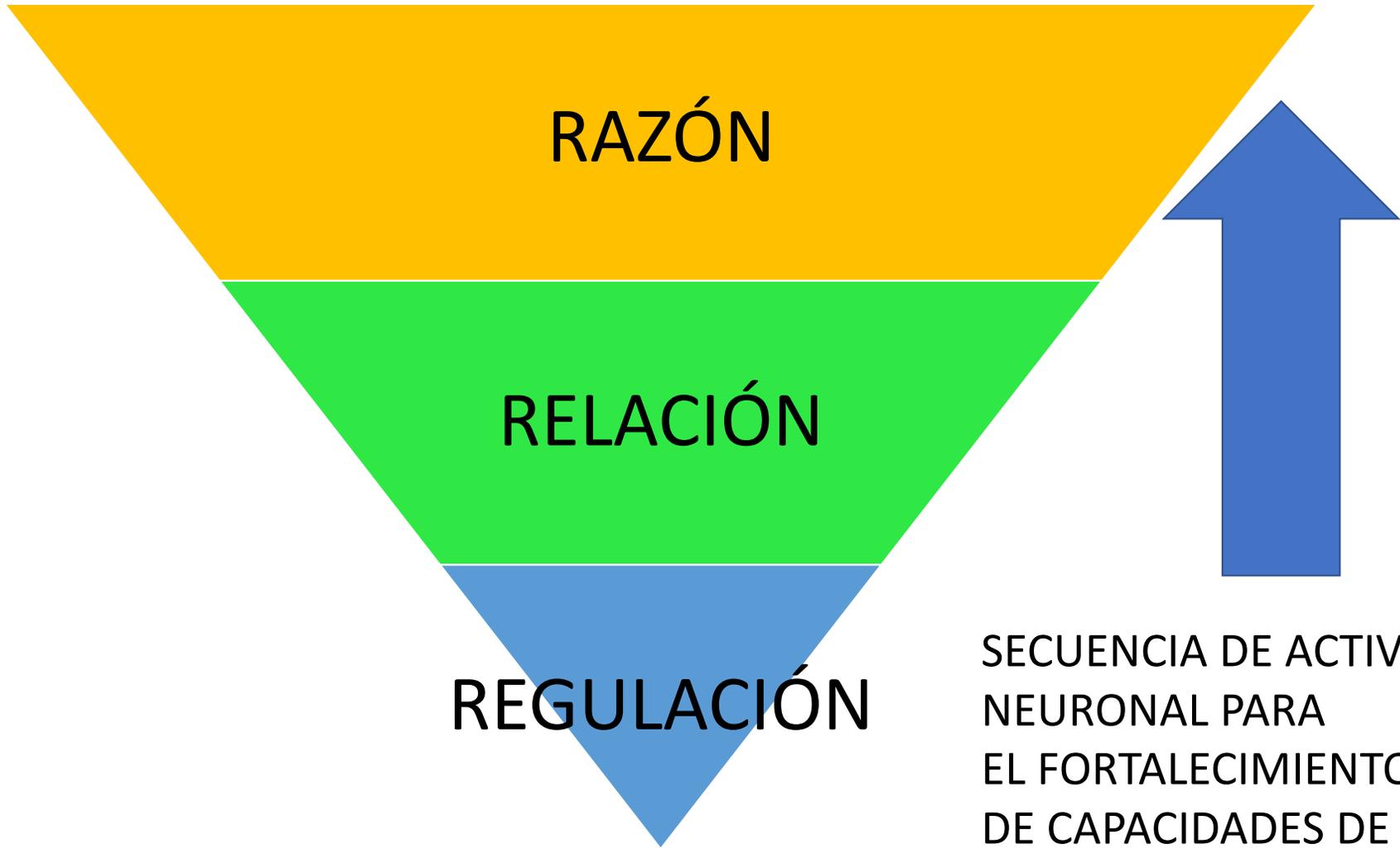


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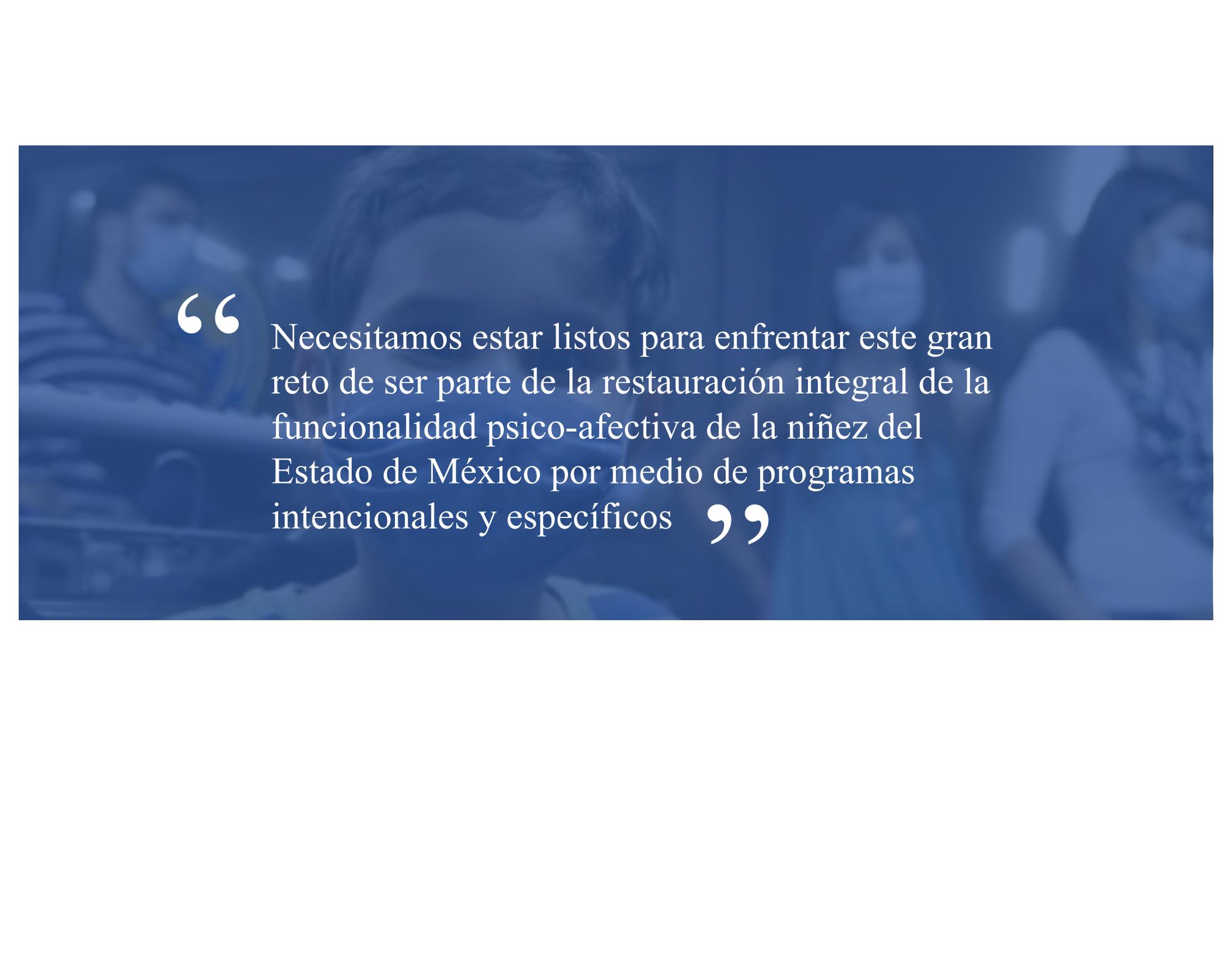
Tenemos una gran oportunidad de retomar la importancia del verdadero sentido de COMUNIDAD y de las RELACIONES INTERPERSONALES ”



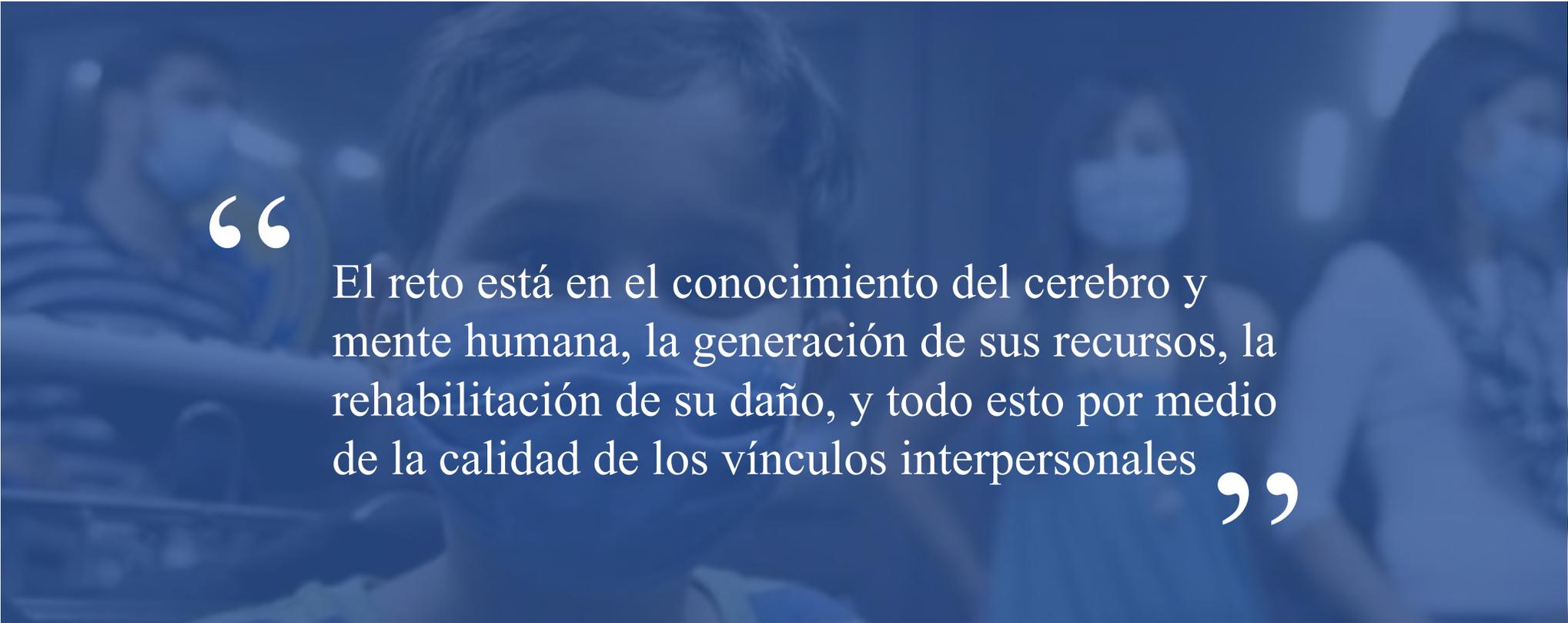
Las relaciones
interpersonales, de
manera natural
fortalecen los
sistemas
responsables del
correcto manejo de
estrés



SECUENCIA DE ACTIVACIÓN
NEURONAL PARA
EL FORTALECIMIENTO
DE CAPACIDADES DE
RESILIENCIA



“ Necesitamos estar listos para enfrentar este gran reto de ser parte de la restauración integral de la funcionalidad psico-afectiva de la niñez del Estado de México por medio de programas intencionales y específicos ”



“

El reto está en el conocimiento del cerebro y mente humana, la generación de sus recursos, la rehabilitación de su daño, y todo esto por medio de la calidad de los vínculos interpersonales

”