

ENGAGING & EFFECTIVE TELETHERAPY PRACTICES WITH YOUTH & STUDENTS

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IMPORTANCE & KEY TAKEAWAYS

Since the start of the pandemic, the use of telehealth increased by nearly *62 times*.

Many practitioners know "the basics" of virtual treatment and seek support in improving their effectiveness & strategies.

Most practices done in an in-person therapy environment can also happen online with modifications.

NOTE: many images in this guide are links!




WORKING WITH YOUTH AGE ~ 4 - 10

QUICK TIPS:

Try using a **timer** to break up the session into more manageable periods of time

Get started with some physical **exercise** or a **dance** break

Try "**show and tell**" or a scavenger hunt for a child to explore and share their surroundings

Use **puppets** or toys to help encourage sharing and talking

Incorporate **music** and opportunities to **sing** together

ONLINE GAMES & RESOURCES



Jeopardy Labs is a free site with virtual game boards! Browse their pre-made games (such as *Making Friends*, *Emotional Regulation*, and more) or create your own.



WholeHearted School Counseling is a store with activities and resources.



UnoFreak is a free website to play Uno virtually.

SUPPORTING CHILDREN WITH SELECTIVE MUTISM

Try the storybook *Lola's Words Disappeared* & the activity book.



Play therapy, coloring, and small whiteboards can be used to communicate nonverbally.



ENGAGING ADOLESCENTS ~ AGE 11 - 18

QUICK TIPS:

Incorporating **videos** can help adolescents more readily engage in conversations

Try asking an adolescent to share a **favorite** video with you to get started

Adolescents are in need of space and support in **grieving** lost experiences (from the pandemic)

May benefit from conversations about **social media** or **screen time**

ONLINE RESOURCES



EXPRESSIVE THERAPIST Group Activities

This website offers free activities to use with adolescents. Try these & check out the whole list!

- "Good and Evil"
- "Resilience"
- "Cooling My Hot Spots"



Therapist Aid

Therapist Aid has both free and paid resources available.



Josh Shipp is an author and speaker on a mission to help adults understand teens. His YouTube channel has a playlist of videos for teens, which can be used to spark conversations.



RESOURCES IN THE VIRTUAL ENVIRONMENT

DIGITIZING PAPERWORK



Jotform enables you to make PDF forms fillable & create online forms.



Ensure the software you use is HIPAA compliant!



DocuSign is a document signing software that you can use to replace manual signing processes online.

CONSIDERATIONS



Trauma assessments can be sent to clients in advance; however, trauma-informed practice guidelines might recommend that a provider work through such assessments with a client.

Mailing workbooks and forms to clients is also an option, especially for repeated access. One example is the workbook *What's Eating You?*



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