




TELEHEALTH:
Reimagining Care Beyond the
Unwinding of the PHE

Trauma Focused-Cognitive Behavioral Therapy via Telehealth: Topics and Techniques

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TELEHEALTH:
Reimagining Care Beyond
the Unwinding of the PHE

Conflict of Interest Disclosures

Regan Stewart, PhD
I have NO real or apparent financial relationships that may create a conflict of interest to disclose.

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Review current research on telehealth delivery of TF-CBT.

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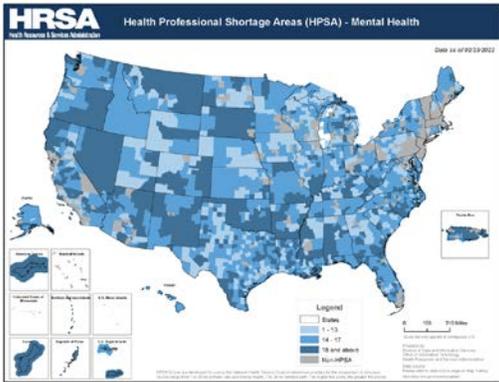
Describe modifications needed to implement trauma-focused treatment for children and adolescents via telehealth.

3

Identify and develop techniques and resources to provide engaging trauma treatment for children via telehealth.

Objectives

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HRSA Health Professional Shortage Areas (HPSA) - Mental Health

Legend

- No HPSA
- 1-10
- 11-20
- 21-30

Very few receive services

- People don't get the services they need: Less than 1/2 of individuals with mental health problems are estimated to receive needed services (NAMI, 2021)
- Significant disparities exist for mental health access for ethnic minorities and rural populations

Even fewer complete services

- High premature termination in community treatment
 - 28%-75% depending on the study (de Haan et al., 2013)
- Hispanic and African American children are at greater risk for treatment dropout (Pellerin et al., 2010)
- Attrition rates in office-based TF-CBT are still a problem (25-50%) (Cohen et al., 2011; Olfson et al., 2009, Scheeringa et al., 2011; Sprang et al., 2012)

We are only serving the tip of the iceberg!

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Telehealth Trauma Treatment For Children

Evidence-Based Treatment Protocols with Published Telehealth Studies



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)



Parent Child Interaction Therapy (PCIT)



Child and Family Traumatic Stress Intervention (CFTSI)

Other Evidence-Based Treatment Protocols

Alternatives for Families Cognitive Behavioral Therapy (AF-CBT)

Problematic Sexual Behavior Cognitive Behavioral Therapy (PSB-CBT)

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WHY TELEHEALTH TF-CBT

- Research with trauma treatment via telehealth modality shows equitable effect sizes
- Research suggests telehealth outcomes are similar to in-person for TF-CBT
- Research suggests telehealth modality increased access and decreased barriers
- Research suggests high caregiver satisfaction with telehealth
- Research suggests lower attrition rates with telehealth

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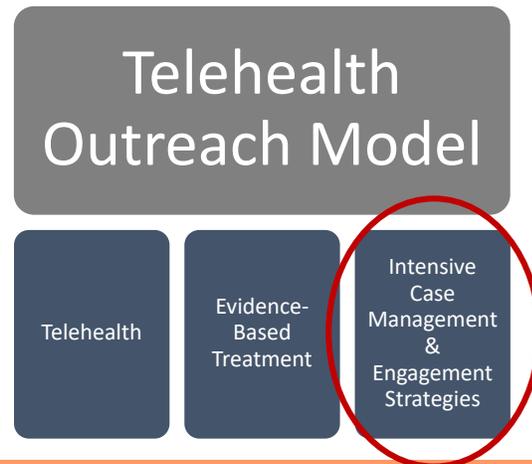
Tailoring of TF-CBT for Telehealth

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Telehealth Outreach Model

- Utilizes a three-pronged approach to treatment

Stewart et al., 2019; de Arellano et al., 2005



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Develop an Emergency Protocol



Should include the following for child patients:

1. State that an adult caregiver is required to be in the home during the entire duration of the session.
2. List of contact information for caregivers
3. State that the caregiver's presence and contact information will be verified prior to each telehealth session and may be verified during the session.
4. Explain that telehealth sessions are not intended to treat or manage emergency situations, define emergencies, and the specific protocol that will be followed when emergency situations arise.

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Set good boundaries, repeat often

1. Discuss with caregiver the need for a private space
2. Explain the importance of privacy
3. Problem solve typical challenges
4. Discuss expectations for therapy
 - Dressed
 - TV/Radio Off
 - Technology put away
 - No laying in bed
 - No driving
 - No smoking, drinking, or drug use during session
 - Prepared
 - Caregiver involvement



DOs



DON'Ts



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Confidentiality

- Talk with family upfront about need for privacy
- Anywhere with a door that closes
- Headphones
- White Noise Machine
- Use a codeword with client
- Brainstorm with parent activities other kids in the home can do



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Services Should Be Equitable Regardless of Modality



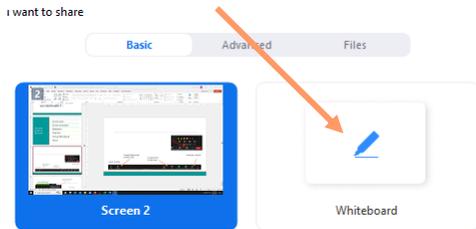
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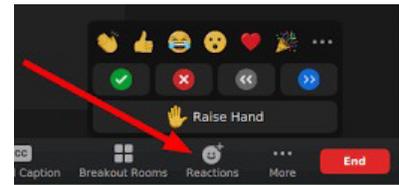
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Click Screen share then click here for the whiteboard feature



Platform Features



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Annotate to Make Handouts Interactive

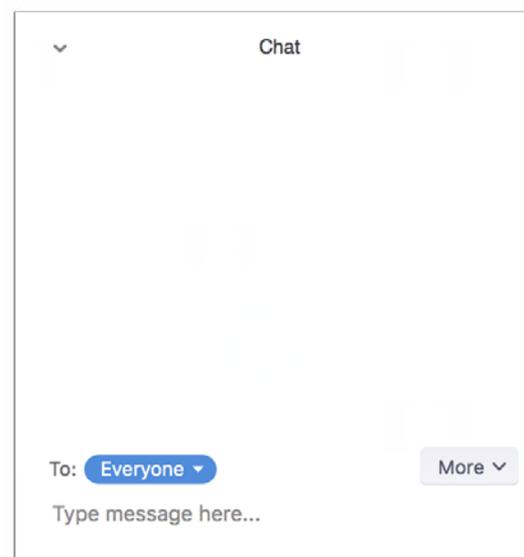


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Chat functionality within the videoconference platform

The chat feature can be helpful when

- The client isn't up to talking
- When they are being avoidant
- If they are concerned about confidentiality
- As a tool for engagement



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ALL ABOUT ME	FEELINGS	SAFETY	MY FAMILY	RANDOM
<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>
<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>
<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>

Resource created by the MUSC Telehealth Outreach Program

ANSWERS

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ALL ABOUT ME
10 POINTS

WHAT'S YOUR FAVORITE COLOR?

Resource created by the MUSC Telehealth Outreach Program



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**FEELINGS
10 PTS**

WHAT CAN YOU DO TO CALM YOURSELF DOWN?

Resource created by the MUSC Telehealth Outreach Program



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**SAFETY
10 POINTS**

DO YOU KNOW WHAT “OKAY” AND “NOT OKAY” TOUCHES ARE?

Resource created by the MUSC Telehealth Outreach Program



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**MY FAMILY
10 POINTS**



**TELL ME
ABOUT
WHO IS A
PART OF
YOUR
FAMILY.**

Resource created by the MUSC Telehealth Outreach Program

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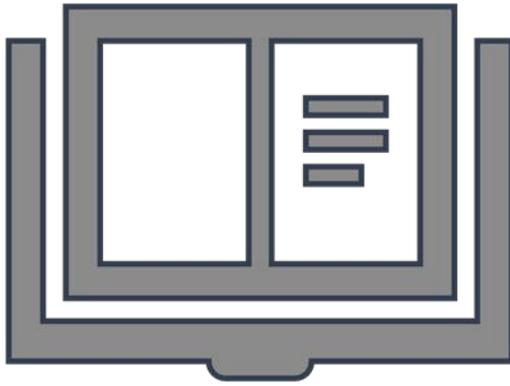
**RANDOM
10 POINTS**

**WHAT DO
YOU DO TO
HELP
YOURSELF
FEEL BETTER?**



Resource created by the MUSC Telehealth Outreach Program

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Electronic Books

- Families Change- \$
- B is For Breathe- free on kindle
- Today I'm a Monster- free on kindle
- How Do You Care for a Very Sick Bear?- \$
- The Night Dad Went to Jail- free on kindle
- My Strong Mind- free on kindle
- Once I was Very Very Scared- \$

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Videos

Kids:

- The Mental Health Teacher
- Mylemarks
- GoNoodle Flow

Teens:

- AboutKidsHealth
- Amaze Org
- JoinOneLove
- DBT Coach
- DBT-RU



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Virtual Sand Tray

▪ <https://onlinesandtray.com/>

▪ Free

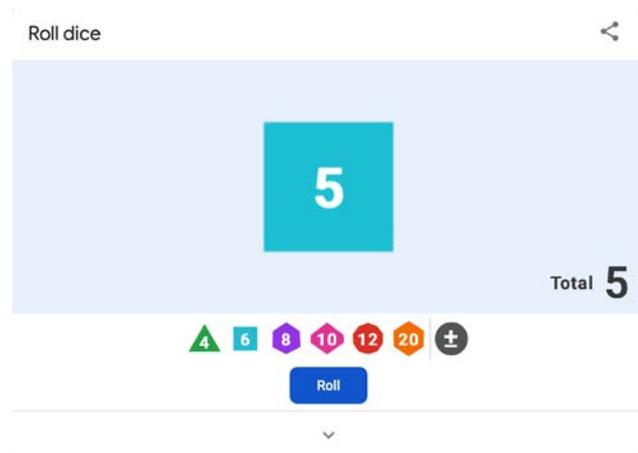
▪ www.simplysandplay.com

▪ \$12/month (\$35/month institution with up to 6 users)



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Wheel of Names - Google Dice



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Build in Brain Breaks



Breathing Video
– The Mental
Health Teacher

Movement
Game –
PowerPoint

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Using the Environment



Scavenger
Hunt



Puppet
Show



Movement
Activities



Show and
Tell



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Psychoeducation

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Trauma Reaction Cards

www.bethricheyounseling.com/online-games

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Music, Videos, or Movie Clips

Grief
Psychoeducation:
Sesame Street



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Relaxation

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Teaching Relaxation Skills via Telehealth

As you sit waiting, you notice a big cool wave lapping onto the beach. Your chair is far back enough that you will not get wet if you pick up your feet. Lift up your legs to keep them dry. Stretch your legs out in front of you as tight as you can. Hold it, here comes the wave. The wave receded; you can now relax. You did a good job of keeping your legs dry.

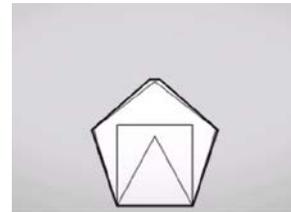


Oh no, here comes another wave. Lift your legs high. Keep your legs out straight and stiff. Hold it a little longer. And relax. You put your feet back on the ground. Your legs feel nice and relaxed. The line to the carnival is shorter and it is your turn to go in.

Get moving with PMR and demonstrating breathing!

Teach breathing techniques with movement

- Change camera angles to better be able to see children practicing techniques
- Have child sit further from camera to give a wider angle



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Music, Videos, or Movie Clips

Sesame
Street
Belly
Breathing



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Music, Videos, or Movie Clips

Controlled
Breaths -
Penalty
Shots



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Feelings

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Teaching about Feelings via Telehealth

MORE ABOUT FEELINGS

Feelings are what we feel in our bodies and hearts. There are many different feelings that we have, and our feelings may change from moment to moment. Sometimes we even feel two or more feelings at the same time!

Please write down as many feelings as you can think of below on the left side of this paper:

sad

mad

happy



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Trauma Narration & Processing

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Trauma Narrative
This is a sample trauma narrative to demonstrate utilizing videoconferencing during the course of treatment. This is not a real trauma narrative and is not intended to be used in therapy. This is only a test. 😊

One day when I was playing in my room I heard my mom and dad yelling. I was scared





CHAPTER 1 : ABOUT ME

- I am 7 years old.
- I like to paint pictures.
- I like to eat pizza.
- My favorite colors are purple and pink.
- My favorite place to visit is Disney World.

Creating a Trauma Narrative via Telehealth

- Create the Trauma Narrative in Microsoft Word
- Add pictures or Clipart
- Give Choices

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Enhancing Safety

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1) What are some thoughts you have noticed can "trigger" or increase the likelihood of experiencing thoughts about suicide?

- + What happened was my fault
- + What happened means something bad about me
- + I can't trust anyone
- + I should feel embarrassed or ashamed about what happened
- + I have to watch out for danger all the time
- + My future dreams won't come true
- + I am worthless

Hello! We are so glad you are taking this first step to making a safety plan for suicidal thoughts. First of all, we want you to know that you are NOT alone. Having suicidal thoughts is common after traumatic events.

Luckily, there are lots of things we can do to help cope with thoughts of suicide. Today we will work together to create a plan to help you cope and stay safe when thoughts of suicide come up. Then, you can take this plan home with you!

Before we start, do you have any questions?

<https://redcap.musc.edu/surveys/?s=DLW9KAJEXAW3J7AL>

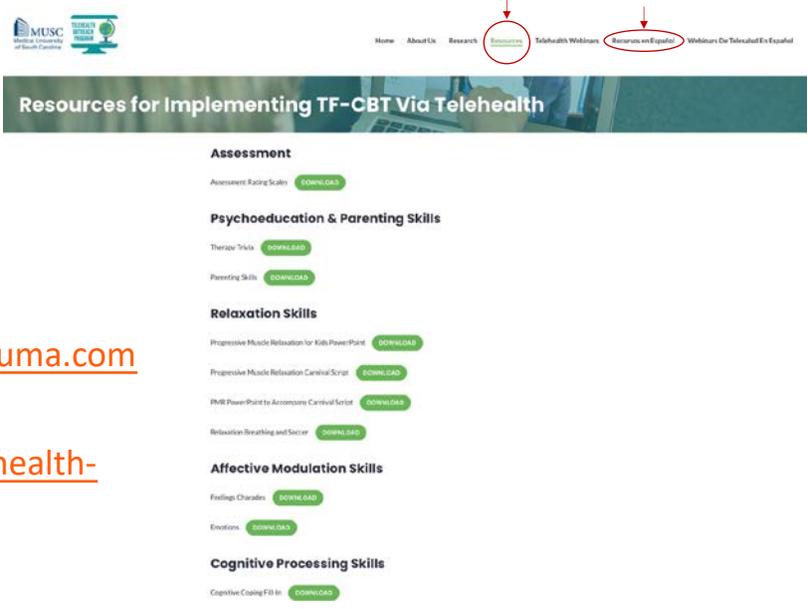
Safety Plan

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Resources

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Resources Telehealth Trauma Treatment



Resources for Implementing TF-CBT Via Telehealth

- Assessment**
Assessment Rating Scales [DOWNLOAD](#)
- Psychoeducation & Parenting Skills**
Therapist Tools [DOWNLOAD](#)
Parenting Skills [DOWNLOAD](#)
- Relaxation Skills**
Progressive Muscle Relaxation for Kids/PowerPoint [DOWNLOAD](#)
Progressive Muscle Relaxation Cardinal Script [DOWNLOAD](#)
PMBR PowerPoint to Accompany Cardinal Script [DOWNLOAD](#)
Relaxation Breathing and Soccer [DOWNLOAD](#)
- Affective Modulation Skills**
Feelings Charades [DOWNLOAD](#)
Emotions [DOWNLOAD](#)
- Cognitive Processing Skills**
Cognitive Coping Fill-In [DOWNLOAD](#)

www.telehealthfortrauma.com

<https://tfcbt.org/telehealth-resources/>

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Questions

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