

The background is a colorful, abstract painting. It features large, swirling brushstrokes in shades of blue, yellow, orange, and red, creating a sense of movement and energy. On the left side, there is a profile of a person's head in shades of blue and purple, looking towards the right. The overall style is expressive and artistic.

**Creative  
Engagement  
for Counselling  
Online**

# Agenda



- Welcome
- Creative Engagement for Online Counselling
- Connecting In
- Prize Giveaway

# Jacki Short

## Registered Counselling Psychologist and Play Therapist Supervisor



Jacki is the Clinical Director of Sydney Centre for Creative Change. She is a registered counselling psychologist and play therapy supervisor with over 25 years' experience in counselling, supervision, group work and training.

Her work in schools, hospitals, welfare organisations, drug and alcohol agencies and in private practice has inspired Jacki's belief in the power of imagination, positivity, play and possibilities - especially in the face of challenge.

Passionate about supporting others to find creative ways to express, explore and resolve difficulties, Jacki loves sharing opportunities for connection and creativity.

# Acknowledgements

- Susan Perrow
- Dr Monica Moore
- Dr Marlene Maheu
- Liana Lowenstein
- Ariel Landrum

# Creative Engagement for Counselling Online

# Creative Engagement for Counselling Online

# Creative

# Engagement for Counselling

# Online

# Creative Engagement for Counselling Online



# Creative Engagement for Counselling Online

# Essential Considerations

Who is the client?

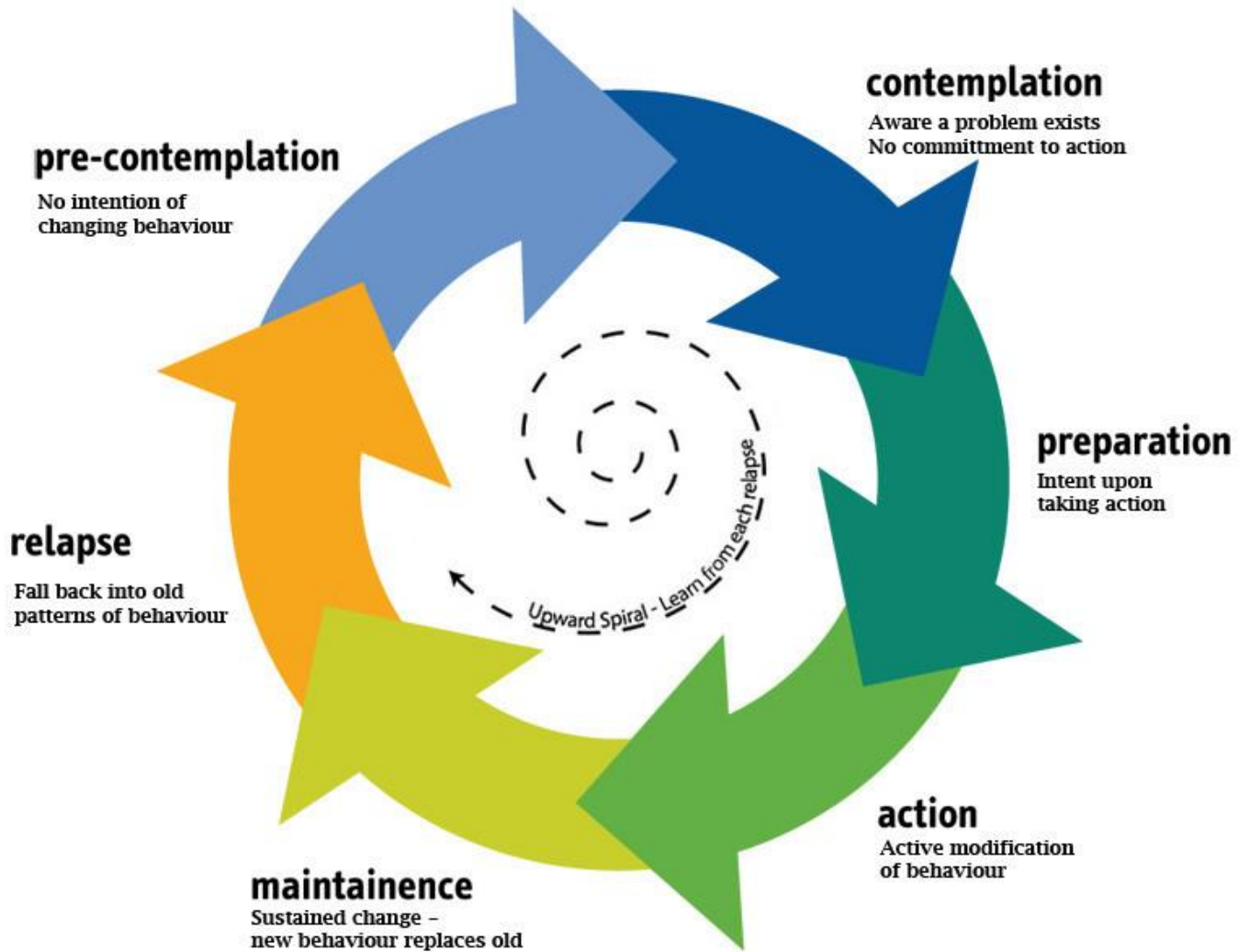
Reason for referral?

Expectations from referrers?

Assessment methods?

Clear contracting

Review sessions



## Transtheoretical Model of Change Prochaska & DiClemente

# Creative

# Engagement for Counselling

# Online

# Essential Considerations

Access to secure, reliable internet?

Access to secure, reliable platform?

Capacity to use online device independently?

Consent/ Privacy/ Confidentiality

Recording devices

Zoom fatigue? Disinhibition?

Managing safety and crisis

# Contraindications for online counselling

- No Privacy
- Internet band width too low
- Serious safety issues

# TeleHeath Check In

Dr Robert Grant/Dr Marlene Maheu

- Can you see me and hear me?
- I can/can not see and hear you.
- I am in my home office. No one else is here.
- Where are you? Is anyone else there?
- Can anyone else see or hear your session?
- If so, can you acknowledge you are okay with that?

# Creative Engagement for Counselling Online







# Creative Methods



Art



Music



Nature



Games



Stories



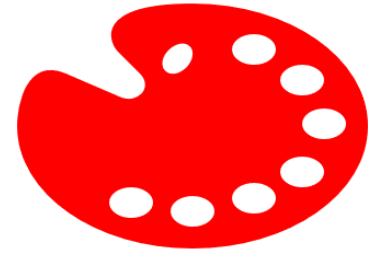
# Criteria for Therapy Activities

- Online-friendly
- Engaging
- Requires minimal or easy to get materials
- Matched to client's treatment needs
- Appropriate for stage of therapy
- Suitable for client's:
  - development,
  - attention span
  - skill level

# Art Methods

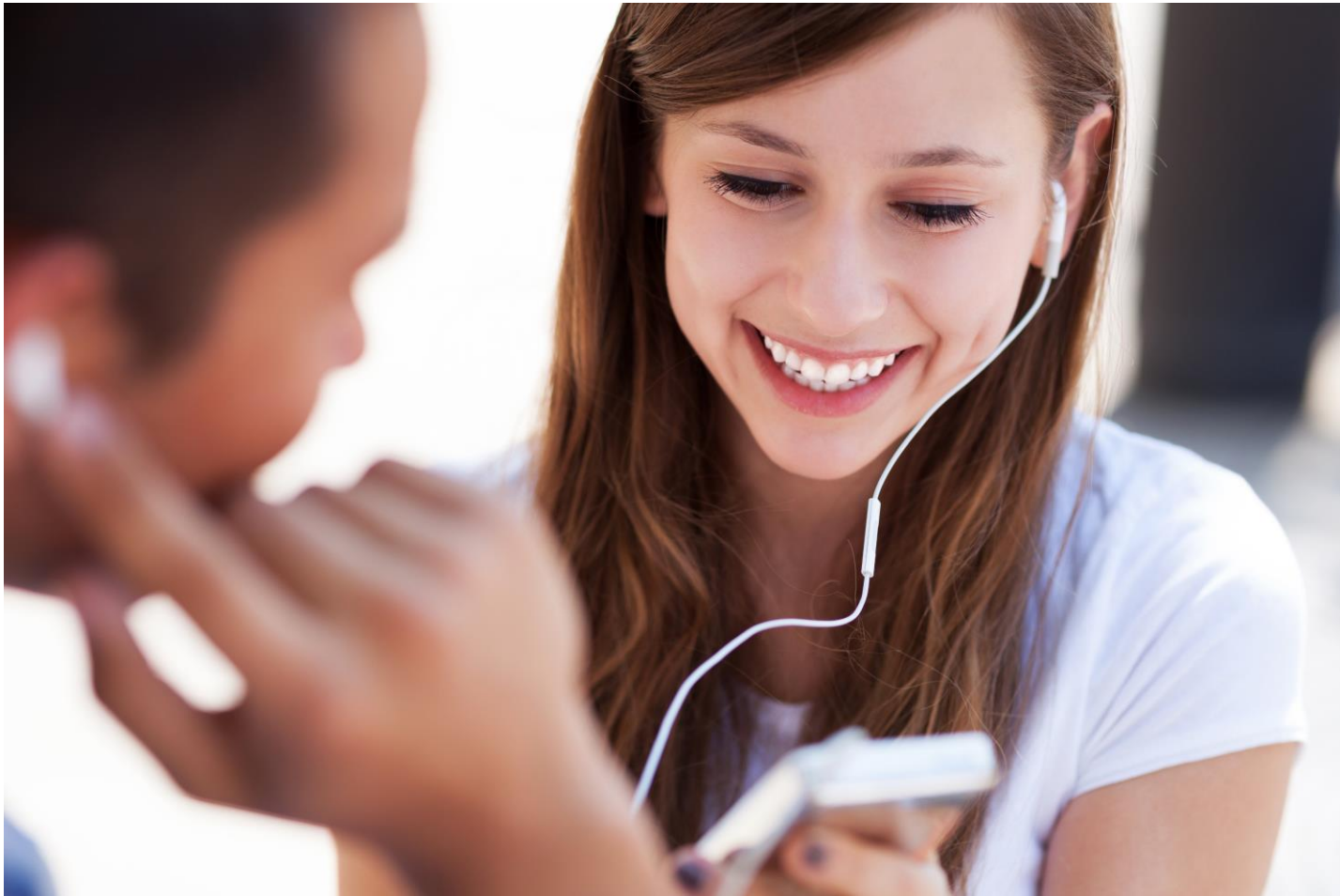


# Art Methods



- Use shared white board
- Virtual backgrounds
- Share memes/gifs to capture mood
- Scribble drawing and story creation
- Time capsule creation
- Draw my dreams
- Before/Now/After
- Write and illustrate your own book
- My body feels...

# Music Methods



# Music Methods

Study of young people aged 15–25 years revealed four ways in which music listening links with well-being:

1. relationship building,
2. modifying emotions,
3. modifying cognitions
4. emotional immersion.

Zoe E. Papinczak, Genevieve A. Dingle, Stoyan R. Stoyanov, Leanne Hides & Oksana Zelenko (2015) Young people's uses of music for well-being, *Journal of Youth Studies*, 18:9, 1119-1134, DOI: [10.1080/13676261.2015.1020935](https://doi.org/10.1080/13676261.2015.1020935)

# Music Methods

- Music selection and sharing
- Music/song creation
- Alteration/Parody
- Relaxation
- Mood enhancement
- Playlist assemblies





# Every Little Cell by Tasmanian music therapist Allison Davies

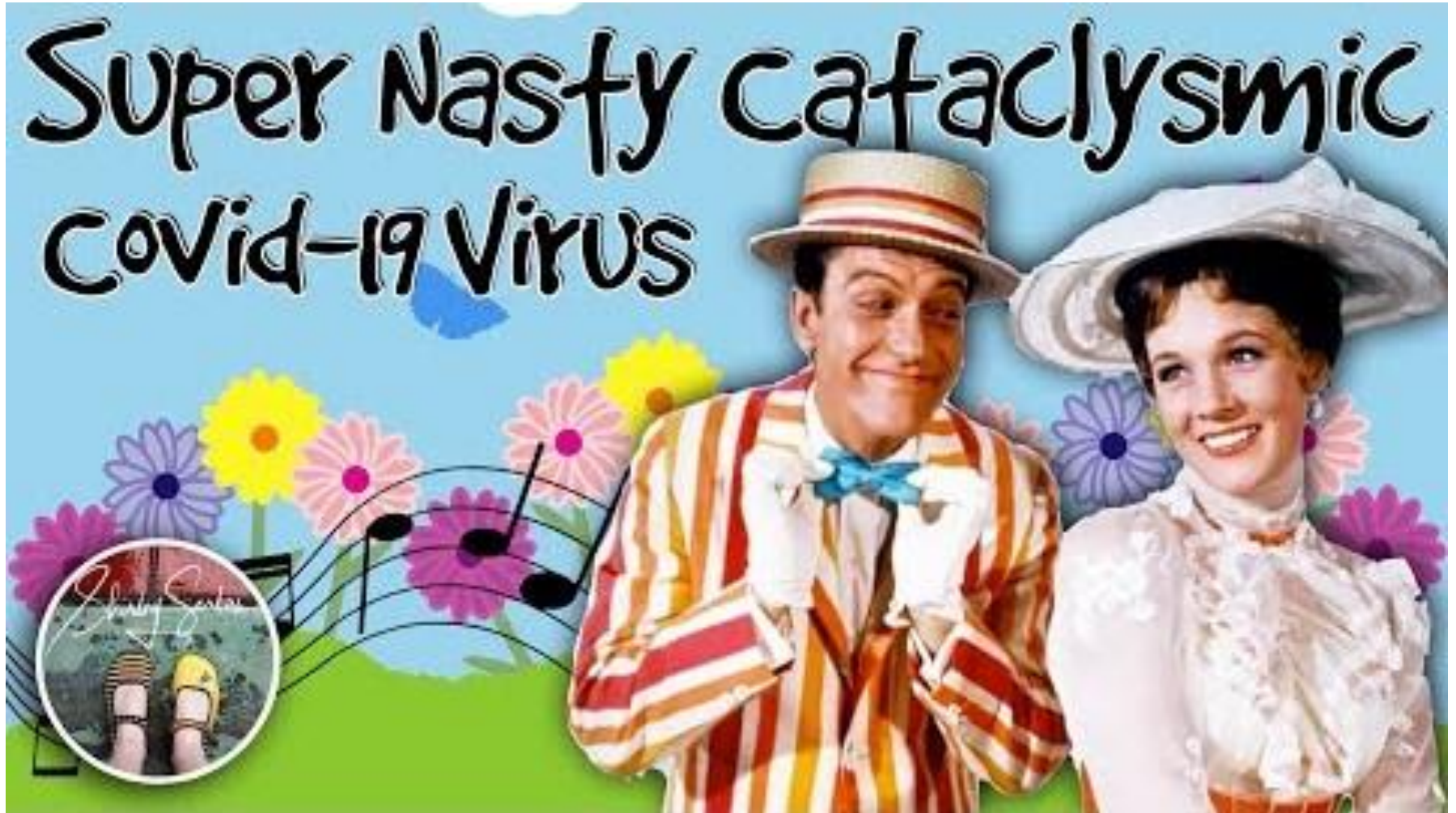
## Coronavirus anxieties eased with Tasmanian therapist's song for kids

ABC Northern Tasmania / By Rick Eaves

Posted 28 Mar 2020



# Song Parody



Super Nasty Cataclysmic Covid-19 Virus - version of Mary Poppins' Supercalifragilisticexpialidocious May 5, 2020  
Shirley Serban

# Nature Methods



# Nature Methods

- Scavenger hunts
- Time out doors
- Healing metaphors in nature
- Nature Mandalas
- Rock paintings
- Cubby house building



# Scavenger hunt

- Something hard
- Something soft
- Something that smells good
- Something green
- Something that make a crunching sound

# Scavenger hunt

- Something that makes you feel thankful
- Something that reminds you of when you were brave
- Something you like to do for fun
- Something that helps you calm down
- An object that represents something not a lot of people know about you

# Therapeutic Storytelling



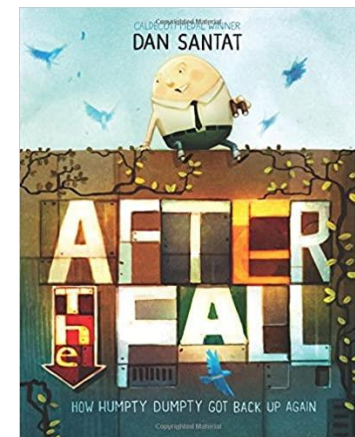
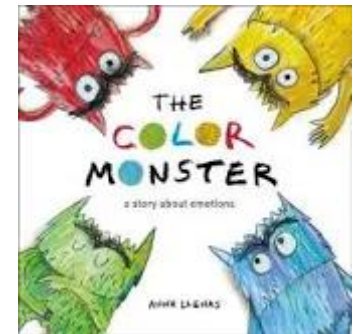
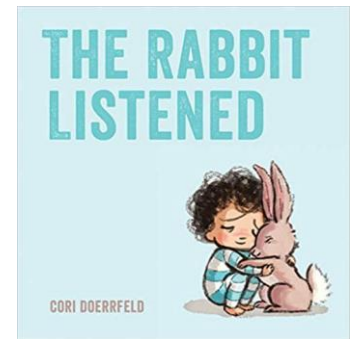
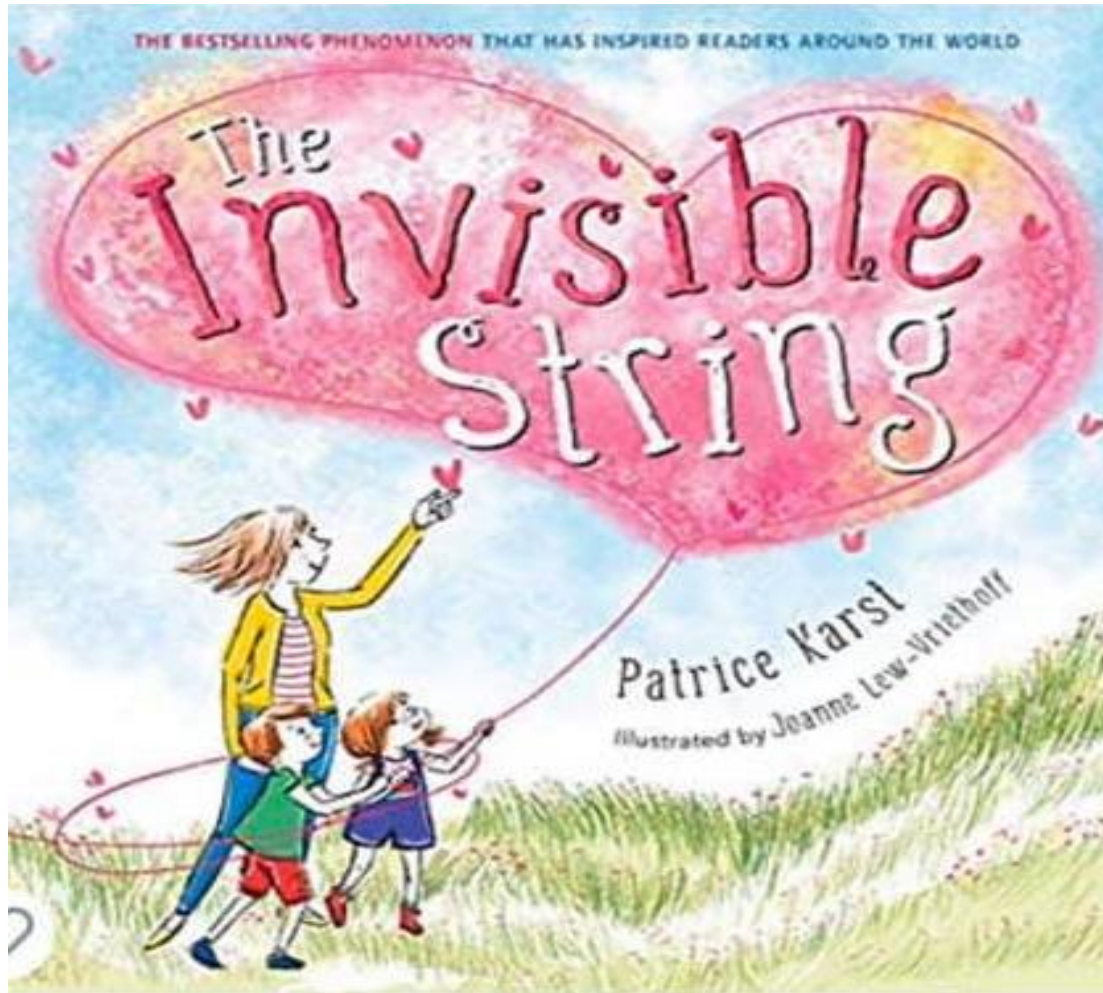
# The Little Gnome Who Had to Stay Home – Susan Perrow

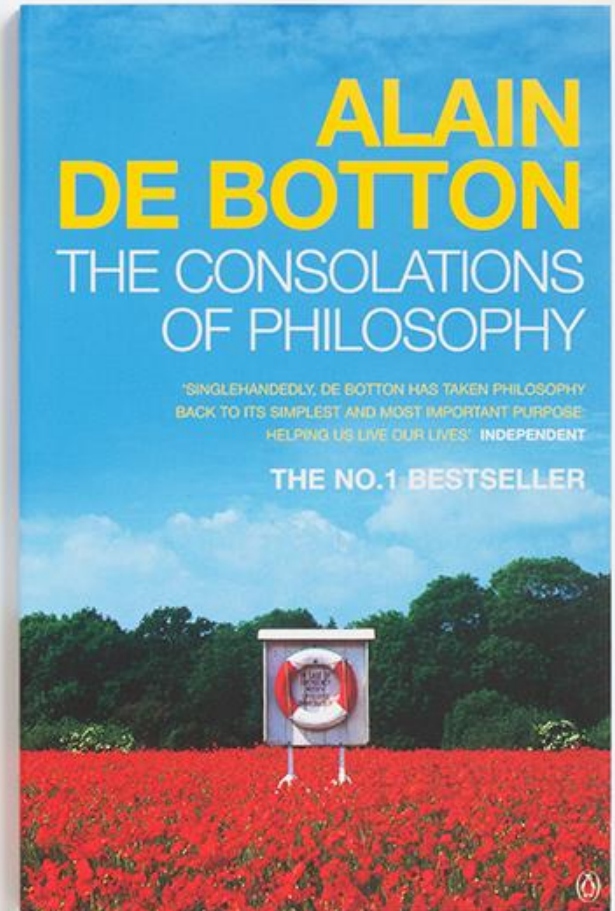
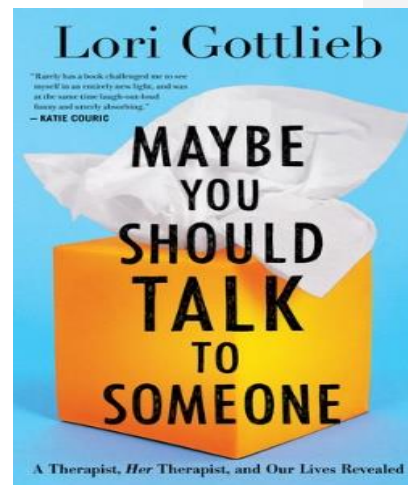
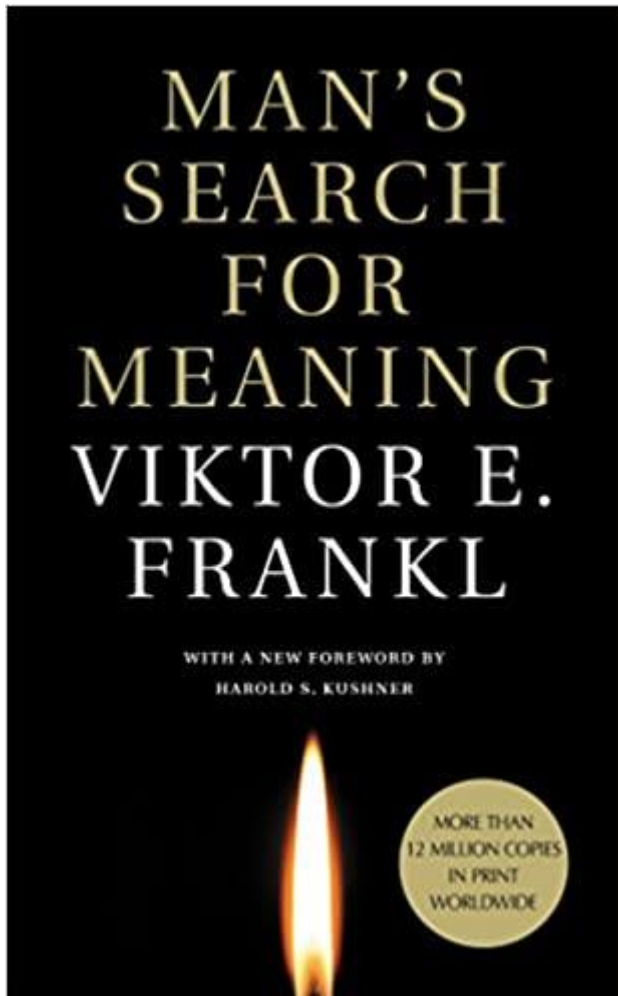


<http://susanperrow.com/stories>

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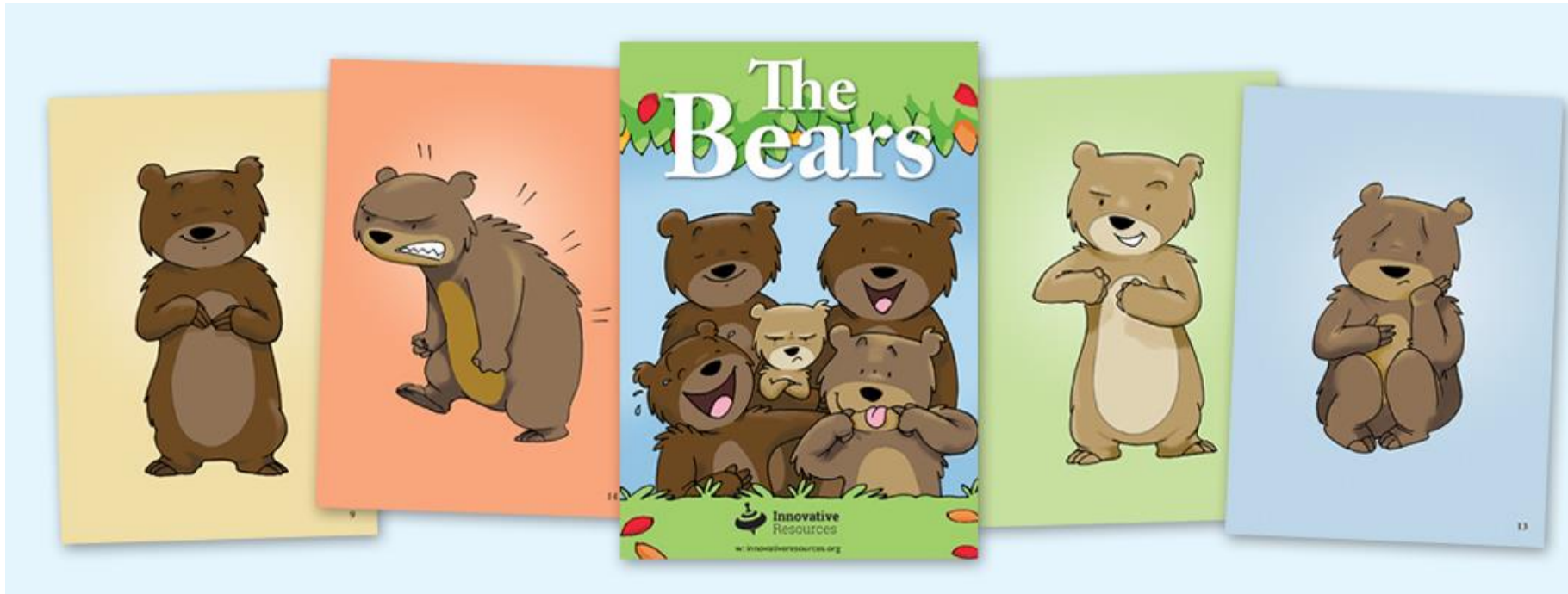
# Movement Activities

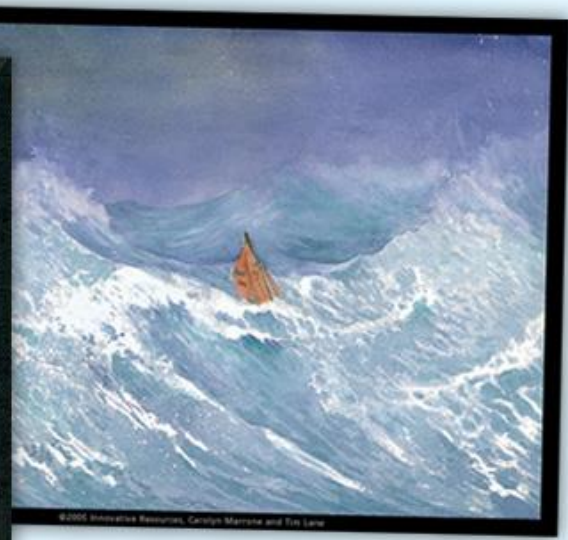
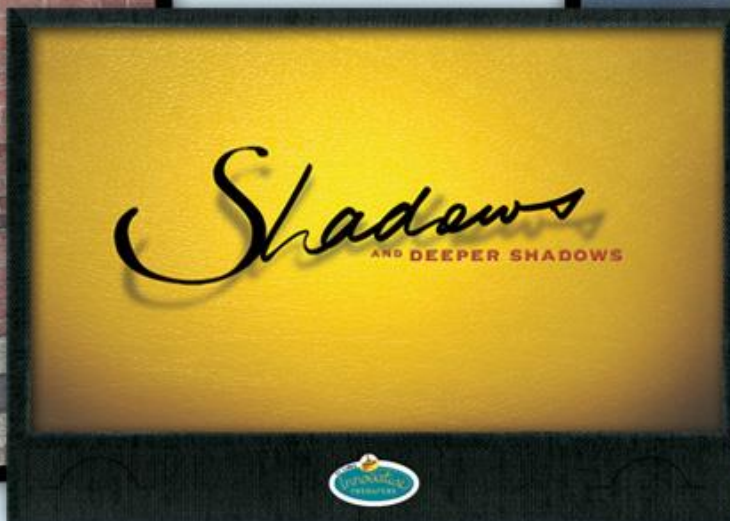
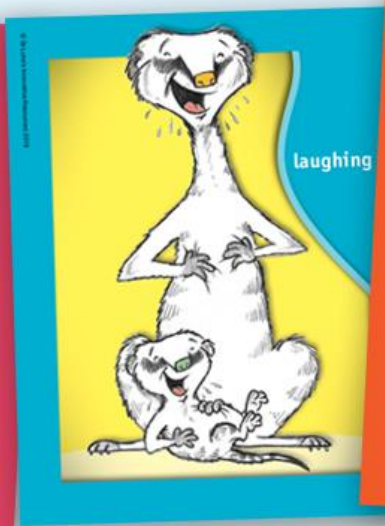
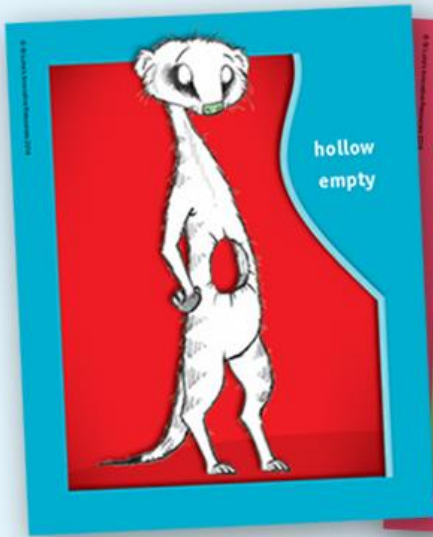
- Simon Says
- Hokey Pokey
- Charades
- I'm a Little Teapot
- Rock/Paper/Scissors

# Games and Activities

- Wheel Spin
- Puppet Play
- Bubble Blowing
- Cookie Breathing
- Guess the feeling
- Speak Your Mind
- Share your room/space
- Make a safe space

# Therapeutic Cards





# Play Time Activities



## Activity Jars

# *Connecting In*



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The background is a vibrant, abstract painting with swirling bands of color in shades of blue, green, yellow, orange, and red. On the left side, there is a profile of a human head, rendered in a soft, painterly style. The overall composition is dynamic and colorful.

**Register  
Now**

**Special Guest**  
**Prof Sue Jennings**  
**Understanding Anxiety and**  
**Insomnia in Children and Young**  
**People:**  
**The Nesting Approach**

**Wednesday 5<sup>th</sup> August**  
**7.30 - 8.30pm AEST**

# FUN and PRIZES



# **Calming Anxiety for Adults: Mindfulness and Creative Practices**

**Margie Braunstein**

**Live Interactive Workshop, August 3-4**

**\$240**

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