

Getting Started with Online Counselling

Setting up for Teleplay Therapy

[Introduction to Tele-Play Therapy: Considerations and Preparations](#) – Dr Rachel Alvater
<https://www.youtube.com/watch?v=kmZJdC0eTbc>

Interventions for Online Therapy with Children and Youth 2020 - [Ariel Landrum, LMFT, ATR](#)

https://www.guidancett.com/blog/interventions-for-online-therapy-with-children-and-youth-2020?fbclid=IwAR2m7txxgt-OtuHFKYbeLOvVI4ZPYPpgMSihsp_kX8ONI_4LGHRxWD9IGEY

Stories and Activities

For Children

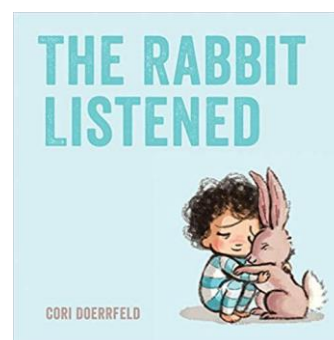
[The Little Gnome Who Had to Stay Home - Susan Perrow](#)

[A Handkerchief for Little Possum - Susan Perrow](#)

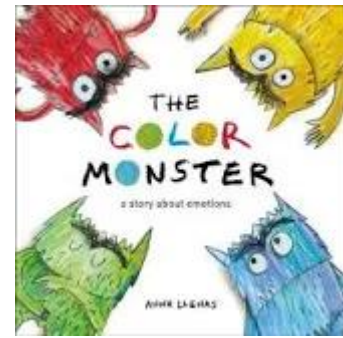
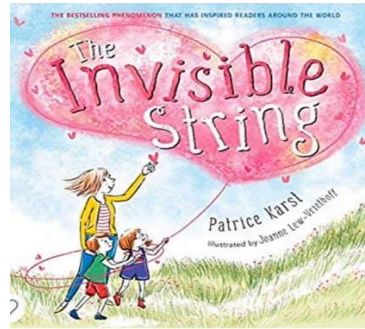
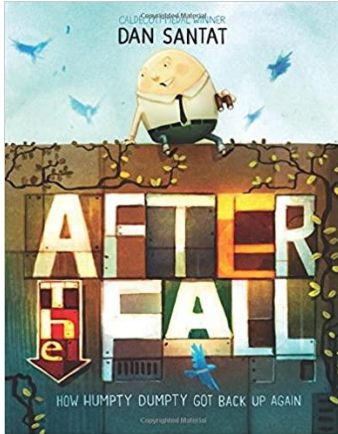
[Corona Virus Work Book for Children - Manuela Molina Cruz](#)

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Kids relate, have fun and learn with Howard B. Wigglebottom

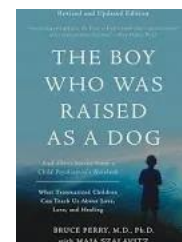
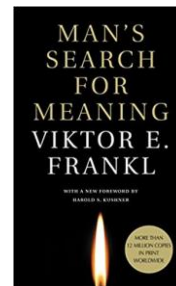
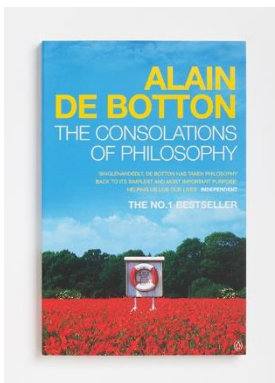


<https://wedolisten.org/home#no-hide>



For Young People and Adults

[The Time We Spring Cleaned The World - Louise Gibbons](#)



Music Methods

Every Little Cell is a song by Tasmanian music therapist Allison Davies to help ease coronavirus worries for children

<https://www.abc.net.au/news/2020-03-28/coronavirus-anxieties-eased-with-therapists-song-online/12085842>

Super Nasty Cataclysmic Covid-19 Virus - version of Mary Poppins'

Supercalifragilisticexpialidocious

May 5, 2020 Shirley Şerban

<https://www.youtube.com/watch?v=6RNc4ljzyc&feature=youtu.be>

Tune In Not Out

<https://tuneinnotout.com/mental-health/music-and-our-mental-health/>

Nature Methods

NATURE and MUSIC

https://www.youtube.com/watch?v=BHACKCNDMW8&list=RDBHACKCNDMW8&start_radio=1&t=722

<https://www.findingnature.org/post/why-nature-is-the-best-recourse-to-heal-our-inner-child-during-a-crisis>

<https://www.greenchildmagazine.com/how-your-family-can-connect-with-nature-during-quarantine/>

<https://www.childrenandnature.org/2020/03/16/10-nature-activities-to-help-get-your-family-through-the-pandemic/>

<https://www.rei.com/blog/stewardship/op-ed-finding-nature-and-each-other>

Art Methods

My Cup of Feelings

[file:///C:/Users/jacsh/Downloads/My%20Cup%20of%20Feelings%20Black%20and%20White%20version%20\(2\).pdf](file:///C:/Users/jacsh/Downloads/My%20Cup%20of%20Feelings%20Black%20and%20White%20version%20(2).pdf)

Quarantine Family Art Tool Kit

<https://drive.google.com/file/d/1-UyjrJm3ifZe44St-tiAf9jlf7XrpAJ/view>

Mindfulness colouring in sheets

<https://www.actbelongcommit.org.au/assets/resources/targeted/mental-health-recovery/2.-mindful-colouring-in.pdf>

Origami activity guides – pdf links

<https://www.origami-fun.com/printable-origami.html>

Body Outline

<https://www.pinterest.com.au/pin/305752262181843030/>

Games and Activities

Wheel Spin

<https://wheeldecide.com/index.php?c1=Speak+Your+Mind+Game&c2=Charades&c3=Draw+it+out%21&c4=Scribble+Game&c5=Musical+statues&c6=My+Body+Today&c7=Scavenger+Hunt&c8=Pick+a+Tune&c9=Story+Time&c10=Knowing+Me%2C+Knowing+You&t=Child+and+Adolescent+Counselling+ONLINE&time=5>

Create a safe place – Kristina Marcelli

<https://kristinamarcelli.wordpress.com/2020/04/02/create-a-safe-place-for-me/?fbclid=IwAR1cGxikbIW534I-V35T1BpFAWNQZIFiOAvRkfFvIKCYfps7aXlwfdI6yU>

Scavenger Hunt

Something that makes you feel happy/calm/thankful/proud

Something that reminds you of a time you were brave/ overcame something hard/happy memory

Something that describes part of your personality

Something you like to do for fun

A toy that represents your personality

Something that helps you calm down

An object that represents something not a lot of people know about you

Therapeutic Resources and Activities for Children, Young People and Families

<http://www.lianalowenstein.com/index.html>

Energiser Concentration

https://www.youtube.com/watch?v=bENk8ESCoFY&feature=youtu.be&fbclid=IwAR2BVlliq44lvq7uFigglA8_2KI_uW7LmSI_zJF15wCWclU93QmV1Ano4GY

Make your own “would you rather” card set

<https://wondermomwannabe.com/would-you-rather-questions-for-kids/?fbclid=IwAR1qngJqjof1i2mSdCmq46BnpBPuF93RZoEMJzF-rGht6ddbDprwOGIjang>

For more ideas: check out facebook group

Tele-PLAY Therapy Resources and Support

INFORMED CONSENT FOR TELEHEALTH CONSULTATIONS

This Informed Consent for Telehealth contains important information regarding clinical sessions using the phone or the Internet. Please read this carefully, and let me know if you have any questions. I will ask you about it during our session and note down that you have read it.

Safety considerations for telehealth consultations:

It is important for you to make sure you find a private place for our session where you will not be interrupted or overheard, and to protect the privacy of our session on your mobile phone or other device (i.e. with a password).

Privacy and technology

Emails and text messages are not secure. I will use email and text messaging for administrative purposes unless we have made another agreement. This includes things like setting and changing appointments, billing matters, and other related issues.

I will be using Zoom for video conferencing as it provides strong encryption for data security and is APS and HIPAA compliant. I also have adjusted the settings to ensure privacy.

Crisis management and intervention

CLINICAL ISSUES:

We'll work together to develop an emergency response plan to address potential crisis situations that may arise during the course of our work.

I will ask you to:

- identify two emergency contact people who are near your location and who I will contact in the event of a crisis or emergency to assist in addressing the situation.
- keep Lifeline and Mental Health Line accessible.
- let me know your location for the session.
- practise grounding skills in-between sessions if required.

TECHNICAL ISSUES:

1. If the session is interrupted for any reason, such as the technological connection fails, and you are not having an emergency, please call me on xxxx xxx xxx so we can work together on reconnecting or complete the session by phone.
2. If the session is interrupted and you are having an emergency, do not call me back; instead, call your nominated support person or 000. Call me back after you have called or obtained emergency services.

Electronic Communications

Zoom videoconferencing instructions:

1. I will send an email with a link.
2. When you click on the link, it will ask you to download Zoom (if you don't already have it) and then to join the meeting.
3. If you already have Zoom installed, it will ask you to join the meeting.

Fees

Our arranged fee is \$___ for a 50 min hour online. I will send you an invoice after the session with my details so that you can arrange a bank transfer. Alternatively, you can pay at the end of the session with a credit card.

Records

I will not make recordings of our sessions or use material from our sessions for purposes other than delivering a service to you. I will seek your written consent if I wish to use material for other purposes (such as consultation with colleagues).

I will ask you to respect my privacy by agreeing not to make recordings of our sessions and not to use materials from our sessions for purposes other than therapy. If you wish to record sessions or use session material for other purposes, you must seek my consent to do so.

Informed Consent

Reading the information in this document and obtaining verbal consent at our session constitutes informed consent.

(This document was adapted from the consent form shared by Dr Monica Moore, Julie A. Jacobs, PsyD, JD, and the one available on the Australian Psychological Society website)

TELEHEALTH CLIENT PREPARATION EMAIL

Dear

In preparation for our session, I have attached a consent form for telehealth - could you please read it before your session? I will ask you to confirm your address at the start of our session and get verbal consent when we meet.

The following may also be helpful:

1. have your session in a quiet place where you won't be interrupted
2. use headphones if you are in a shared space (the set you get with your mobile phone is fine)
3. have some water or a hot drink, and tissues just as we would in my office
4. use a device with a full battery and/or charger
5. (if your home has a lot of people using the wifi, it may be helpful to ask them not to be using it for the duration of the session.)

This is the link for the session (if you click on it will take you to the meeting) XXXXXXXX

If you haven't used Zoom before, the instructions are as follows:

How to use Zoom:

1. Go to the Zoom website
2. Download the Zoom platform for your device – mac or PC (if you want to use your mobile, go to Google play and download the app from there)
3. At the time of the meeting, click on the Join URL in this email and it should open in the Zoom app
4. Join the meeting
5. If you use headphones with speaker function (e.g. the ones that come with a mobile phone) it will be clearer

Please call if you have any questions. XXXX XXX XXX

(This document was adapted from the consent form shared by Dr Monica Moore, Julie A. Jacobs, PsyD, JD, and the one available on the Australian Psychological Society website)