

Interventions for Tele Play Therapy

PERSONAL FAVORITES:

- Intuitive drawing to classical music
- Mirroring movements to music
- Draw your feeling as a cartoon character . Tell the story of this feeling
- Solution Circles (adapted): Draw fear. Circle it. Draw or write fears in small circle. Draw a bigger circle around. Draw or write what you can control and who/what can help you at this time in the big circle. Screen share "What I can/can't control" for ideas
- Rock Problems/Playdoh Problems
- Tree of life
- Show me your favorite stuffies. Introduce them to mine. They want to play and talk!
- M&M questions
- Stuffy role-play (parts work, gestalt, parent-child conflicts)
- Virtual Jenga (regular and for termination)
- Paper wad snowball fight

Always start with:

- 1-"Are you at home?" (get address if not)
- 2- "Are you somewhere you have privacy to talk?"
- 3- Movement and breath: breathe in arms open then in. Animal breaths. Chi gong. Mirroring each other.

Screen Share Activities:

- [Virtual Kimochis Check in](#)
- [What I can/can't control](#)
- [Creating a safe space](#)
- [Rock Problems/ Playdoh Problems](#)
- [Anger Volcano Coping](#) (youtube training)
- "I've used this as an "anger volcano" and "feelings eruptions" for years- but have loved it over the whiteboard since telehealth. I've used it so many times and it is very helpful for all ages of kids. I also include body signals that are warning of an eruption, (hands clenching, feeling hot, hear hurting, etc.) and implement about finding ways to "release some steam" to prevent the eruption and we discuss what these releases could be. So then we can draw the volcano just releasing stream rather than erupting. We also sometimes start by drawing what happened if the volcano erupted and then identify the consequences of the "lava." I've had some parents identify that they sometimes have feeling eruptions too. I've sometimes used some volcano erupting and steam releasing videos to give them pictures in their mind too. We all need to release some steam sometime!" -[Jamie Lynn Langley](#)
Volcano erupting: <https://www.youtube.com/watch?v=NGcbNn4Vk1w>
[Incredible Krakatoa volcano eruptions at night | anak Krakatau 2018](#) Steaming volcano: <https://www.youtube.com/watch?v=Ai6GBpTJQwQ>
- Don't hang the man using white board, then each share an association with the word you chose

Nondirective:

- "Do you have any favorite toys you'd like to show me? Stuffies? Family photos?"
- "Can you show me some games you'd like to play?"
- "Would you like me to show you some games I have that we can play together?"
- Cards: <https://www.trickstercards.com/game/>

Family/ Parent-Child Games

- Pick an ungame card and everyone writes down their guess for what the other family members will say
- Work together on a scavenger hunt
- Sit back to back and one draws a picture of what the other one is looking at and describing
- Telephone, then discuss importance of communication.
- Have each person take turns mirroring body movements, working on impulse control and being attuned.
- Ask questions to the family as a whole and have them guess which family member it is... Sort of like the newlywed game for families: <https://www.therapistaid.com/worksheets/family-questions.pdf>
- Codenames: <https://www.horsepaste.com/>

Pen and Paper Activities:

- **Friendogram**. Circles for self and friends (choose color, distance, size). 3 traits about each friend. Ask about each: "What do you think they think of you? What do you want them to think of you? What do you want to think about yourself when with them?" "What are some problems with this friendogram that you'd like to be different" Problem-solve solutions.
- **Draw what you are feeling today**
- **Solution Circles** (Draw the problem in the middle, solutions in the bigger circle)
- **Draw your worry**: give it a shape, a name. Then give it to the parent. "This is for the adults to hold"
- **Tree of life**: <https://dcf.wisconsin.gov/files/cwportal/permanency/pc/pdf/ffe-tree.pdf>
- **Loss**: Two pictures- "my family before the death/covid" and "my family after the death/during covid".. super helpful to see what they identify as the greatest changes in their family units. Positive and negative.
- **Loss**: A raincloud with rain drops. Mindfulness/journaling on the raincloud on dark paper or in dark ink about covid, what they've lost, what they miss, feelings, etc. rain drops cut from colorful paper or in colorful ink and write positive things that have come from it.
- **Grief**: https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4?fbclid=IwAR1TErRigT_xtKM4LWA1wRn-P7xWqVFH2ee-EmhcX09m5YKUEAetT7CQC0M
- **Solutions Mandala**: use markers to draw safe space, problems, and helpful resources or solutions. Big outer circle Then brush the whole thing with water to merge as one.

Aggressive Play

- Pop Bubble Wrap

Emotionally Expressive Activities:

- Let's do a puppet play with some of my puppets and some of your stuffies/puppets
- Emotion balloons: Let's both try to keep our own balloon up. When it falls each freeze and say a time you feel that
- M&M Questions/Colored candy go-around:
 - Green: Words to describe self
 - Red: Ways you have fun
 - Yellow: Things you'd like to change/improve about yourself or family
 - Blue: Things you worry about
 - Brown: Good things about your family
- Virtual Jenga: Client picks a number 1-52 to identify which block to push. Each block has a # 1-5 on it correlating to instructions. E.g. 1 = pick an ungame 1 question and answer, etc

- Amazing dice challenge: each number associated with a challenge (e.g. 1-pick ungame card, 2-guess the emotion, 3-physical challenge, 4 & 5 kid chooses)
- Story dice: make up a story using the story dice. Roll 3 to create a hero then again to tell a story.
- <http://36questionsinlove.com/>

Bibliotherapy read-alouds: Read book, act it out with toys, then draw about it

[Anh's Anger](#)

[How to Tame my Anxiety Monster](#)

[Go Away Worry Monster](#)

[Don't Feed the Worry Bug](#)

Kimochis Read-alouds

[Meet the Kimochis](#)

[Cloud's Best Worst Day Ever](#)

[Bella Rose No More Yay Birthday](#)

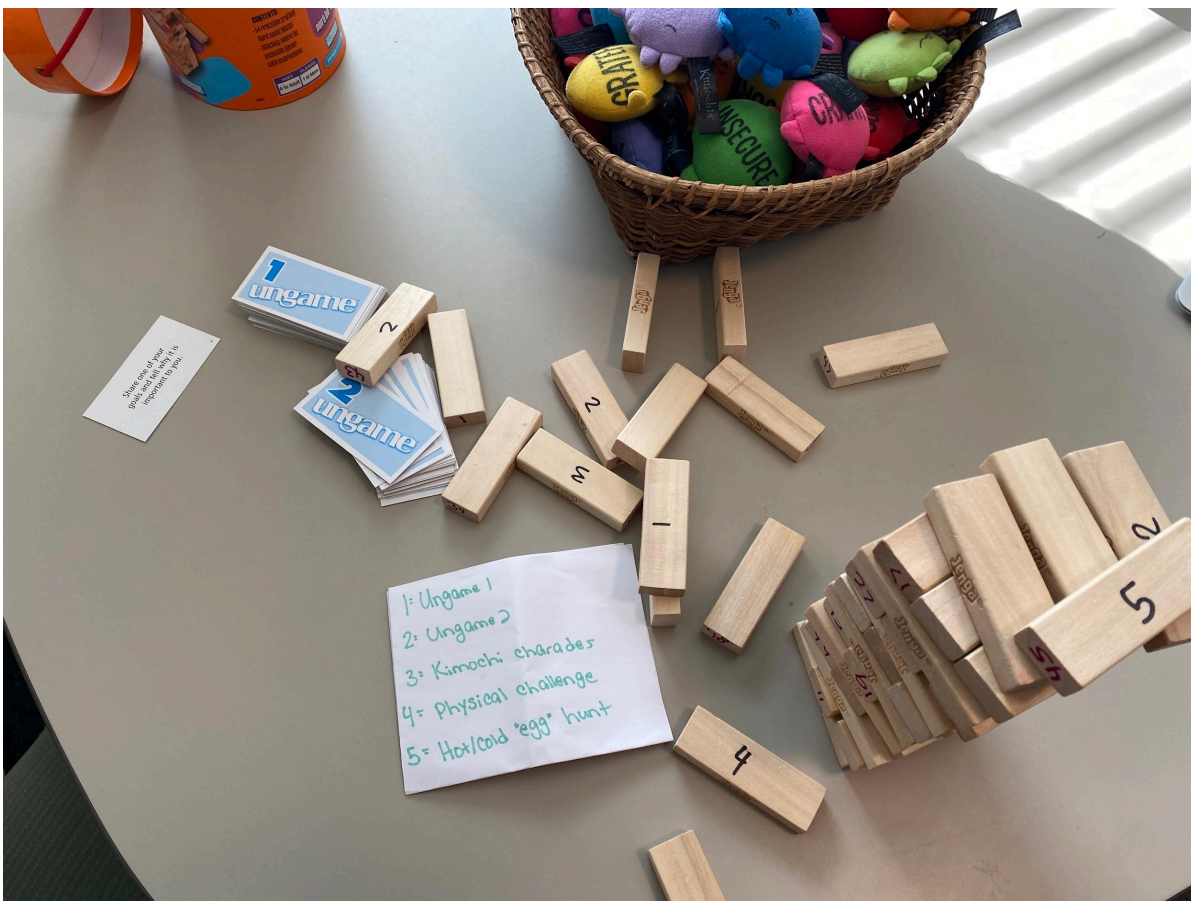
[Huggtopus Makes Way for Play](#)

[Bug Makes a Splash](#)

[Clover's Happy Go Not So Lucky Camping Trip](#)

[Cat's Not so Perfect Sand Castle](#)

[Lovey Dove Learns to Let Go](#)



Emotionally-Connecting Activities:

- Staring contest (therapist stares into camera)
- Paper wad snowball fight

Other Directive Activities:

- Read a book or find one on youtube and share screen
- Playdoh and rock problems. Try to change the color/shape of each. What are the play doh problems? How can you change? What are the rock problems? How can you cope?
- See you Later Alligator book to print:
<https://onedrive.live.com/view.aspx?resid=4D31C43D0704F5D8!558&ithint=file%2cpptx&authkey=!AGVy3mWU-B>

Teletherapy Scavenger Hunt

Something that brings you comfort	Something you could use to calm yourself down if you are angry or upset
Something you are proud of	Something that reminds you of someone you miss right now.
Something unique	Something that brings back a happy memory for you.
Something that expresses your personality	Something that reminds you of something you are missing about school
Something that you could do for fun	Something that brings back a negative memory for you.
Something that makes you feel "at home"	Something you can use when you are feeling stressed out
Something that is your favorite color	Find something with a pleasant smell
Something that you enjoy looking at	Something that makes you feel safe
Something that makes you laugh	Something of your choice

[PXdBs](#)



Videos to Screen Share

Bing Bong and Sadness: <https://www.youtube.com/watch?v=QT6FdhKriB8>

Uses:

- Teach parents the power of Staylistening
- Help kids explore sadness and empathy

Guess How She's Feeling: <https://www.youtube.com/watch?v=dOkyKyVFfnSs>

Guessing emotions (4-6): <https://www.youtube.com/watch?v=MeNY-RxDJig>

Sadness over loss Inside Out: <https://www.youtube.com/watch?v=kdhjztWMnVw>

Dancing it out to different emotions (4+): <https://www.youtube.com/watch?v=fmMUCMesVtE>

Anger (5+): <https://www.youtube.com/watch?v=DbpTohPUhMw>

Why do we lose control of our emotions (anger) <https://www.youtube.com/watch?v=3bKuoH8CkFc>

What causes anxiety and depression:

https://www.youtube.com/watch?v=tNsTy-j_sQs&fbclid=IwAR1CgqSQ7yU3DAOleJX7OmlGg0fmmc6YUgl21CCoHXWNQ2ZRvFzS_VulA9g

Explaining the Triune model of the brain:

<https://www.youtube.com/watch?v=eVhWwciagOE&feature=youtu.be&fbclid=IwAR2q9qgZesrf9GbpogwBg2G46onUXrv3idvmu2zAWGeKCQUxWUW40dZe28M>

Don't flip yo' lid:

https://www.youtube.com/watch?v=he-fW9_3egw&feature=youtu.be&fbclid=IwAR0GMmisN9_Wgdu0zTm1hyRi2B8vahg_wqqBVYz1FV7dYZ-CpUblPcvG7v8

Angry birds anger:

https://www.youtube.com/watch?v=pFkRbUKy19g&list=RDhe-fW9_3egw&index=11

Gozen anger: <https://www.youtube.com/watch?v=G3d21GKU0-Q>

How mindfulness empowers us:

https://www.youtube.com/watch?v=vzKryaN44ss&feature=youtu.be&fbclid=IwAR3ktFlxarUSCXg_U-O_fplJ3l4mzo8w_61dlgu7E3vYGtXzR7qlyBQY_jq8

Belly breathe with Elmo:

https://www.youtube.com/watch?v=_mZbzDOpylA&feature=youtu.be&fbclid=IwAR3ar7pmQwd7rqwzzr1rAFp1w1cJ-DfZ9cwlzi8dtZeEgDr12S5GEfC9qB8

Sesame Street relax:

https://www.youtube.com/watch?v=Cq_eDGKs5MU&list=PL3tLQ5vVWn70iYTiJitGEJP0C7FvA7tgX&index=8&t=0s&fbclid=IwAR2WCLKW_6qxWo1-N6s-QVQkJm3yQQBdD_ZtyickraagRINTKPaJUD9E050

Many Videos: <https://www.youtube.com/user/rachelwethers/playlists>

Gremlin girl:

https://www.youtube.com/watch?v=-_eCCvUKjG8&feature=youtu.be&fbclid=IwAR3oCP4wLTpbpdka6xvdKSjEYdcg3171m3sf76MuZ5TSJ-CmwHCjIKWRrIY

Fears:

https://www.youtube.com/watch?v=kWZslipUlkc&feature=youtu.be&fbclid=IwAR3J2uui6JQMzfnBv9npw3uGP0oLYzrxNQnXx7nXrq59a6_fuqOGVco1iP8

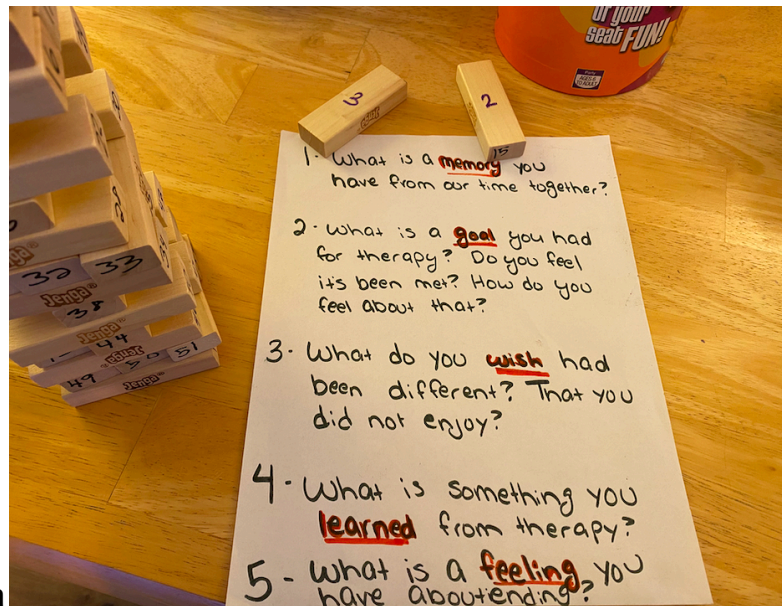
How To ADHD https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q

Dealing with big emotions by Kimochis: [Cloud's Best Worst Day Ever](#)

Termination:

Drawing each other's hand, writing traits of the other person on their hand, drawing/writing what you remember doing in office. (maybe mail to them!)

https://www.youtube.com/watch?v=bq0YO_eUDuo&t=8s&fbclid=IwAR3H5NXWB8dzV4RyFd0kG8RRvRWZPNUDBOQ9UBhiPOwRJ3yL25la33aF0xg&app=desktop



Final Session Virtual Jenga

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Trainings for Therapists

Telehealth with kids training: <https://www.youtube.com/watch?v=CUof3Um4ktw>

Ethics: <https://www.youtube.com/watch?v=5az3hlpX0UY>

CTI Tele Play Therapy: <https://www.ctiplaytherapy.org/>

Online Filial therapy, Kathy Buys: https://www.youtube.com/watch?v=klGpAhuZhZQ&feature=emb_logo

Telehealth - Play Therapy Interventions: Origami Rose

<https://www.youtube.com/watch?v=JdYXLkisJg8>

Suggestions and handouts about Parent Child Relational Therapy by Gary Landreth:

[https://cdn.ymaws.com/www.a4pt.org/resource/resmgr/telehealth/2 - Provide Emotional Suppor.pdf](https://cdn.ymaws.com/www.a4pt.org/resource/resmgr/telehealth/2_-_Provide_Emotional_Support.pdf)

Addressing Client Resistance by Amy Klatzkin, MFT

Questions for Reflection:

It's not about me. What is she communicating about her self and her world through their behavior?

What's under the anger, the rudeness? Powerlessness, helplessness, worry, anxiety, fear, ...

What in their history might be triggered by current circumstances? Do I know everything I need to know about their early years?

What are the caregivers experiencing in their relationship with the child? How do they understand and respond to their off-track behavior?

What's coming up in me?/What's she pulling for in me? I might also feel angry, powerless, helpless, worried that I'm doing something wrong, that I'm not enough.

If I sit quietly with my eyes closed and float back through my past, can I find earlier times when I felt this way? What did I need then? Can I provide my younger self the felt safety I didn't have then? Is there a clue in there about what she might need?

If they can't feel my presence through a screen, do they feel I've abandoned them?

Can I accept his need to control what happens in the session? (e.g. If he wants me to talk to a toy the whole 50 minutes while he hides, why isn't that therapeutic?)

Can I hold onto an attitude of PACE (Dan Hughes): Playful, accepting, curious, empathic? Can that be enough?

How are her parents coping? How well are they able to protect her from their own anxiety about this situation, about the future? With no time away from home, it's almost impossible for the parents' anxiety not to leak out. Are they talking about it with her, modeling how to accept and sit with feelings? Are they her safe harbor and protective shield? If they are providing that safety and protection, what prevents her from feeling them?

Permanence work for kids who expect adults with go away

Hide and seek

Validate the underlying feeling when they reject you

Make the extra effort to show you care: send therapy packages or letters
