

ALLEGHENY  
CHILDREN'S  
INITIATIVE

***SURVIVING  
TELE-THERAPY  
& ADAPTING***

*Presented by  
Susan Brookman M.A., N.C.C. "Susie"*



# SURVIVING TELE-THERAPY & ADAPTING

Susie Brookman M.A., N.C.C.

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# We have Three agendas!

"iCBT provides greater control over the time, pace, and location of therapy" (Hofman,2012)

## Structured Sessions

- Session Check in
- Set goals
- Working
- Wrap up
- Note
- Homework

## Service Coordination

- Needs Assessment of Domains
  - Child Strengths
  - Functioning
  - Challenges
  - Care Intensity and Organization
  - Caregiver Strengths and Needs

# Check Ins



# PLAN IT OUT!

-Don't "wing" it.

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# 20/20/20 Rule of CBT

(Health Quality Ontario ,2019).

- **First 20 min: Checking in**
- *Empathy and acceptance of clients needs balanced with the responsibility to help reach goals.* (Assessing)
- **Second 20 min: Introduce and discuss session topic**
  - Relate the session to the current concerns (Collaboration/team work)
  - Check for understanding and adjust (Reframes and Metaphors)
  - Practice skills , Challenge and unbalance the norms (enactments)
- **Final 20: Pull the group's thoughts together**
  - Explore client's understanding or reaction to the session topic (punctuate the positive)
  - Assign homework
    - Give your rationale for the homework. It is not a secret. Be explicit. (Make the covert overt)
  - Plan for next session/anticipate potential high-risk situations (Safety Planning/Crisis Planning)
  - Create a plan with family until the next session (Agreement)

- **Set the agenda for the sessions**
  - 20/20/20 and a wrap up
- **Focus on understanding families current concerns**
  - "What is happening?"
- **Focus on getting an understanding of the current state**
  - "How is this making you feel?"
- **Obtain detailed description of the concern or events.**
  - "Describe to me what happened."
- **Assess needs**
  - "You need..."
- **Review and assess**
  - Integrate their needs/worries with your agenda (goals)
  - GET AN AGREEMENT
    - "You need me to address.....and we have agreed that behaviors are a way to get needs met....., This goes back to our meaning...."  
(Hypothesis)

## The first 20 mins.!

-Make this a habit if it is not already.

-Gaining an agreement is a skill we must practice

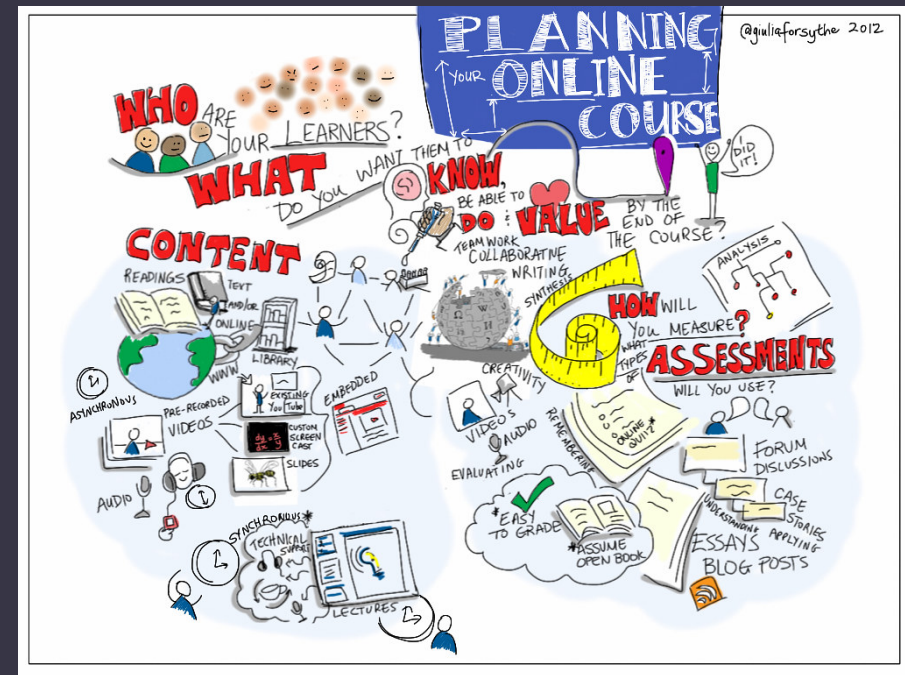


# Now you are working

20 Min: Working Stage aka Challenge  
Reframing and Metaphors



20 Min: Planning and Agreement stage  
Reframes





# COLLABORATIVE DOCUMENTATION

Promote service engagement by increasing client self-determination during treatment.  
(Stanhop,2013)

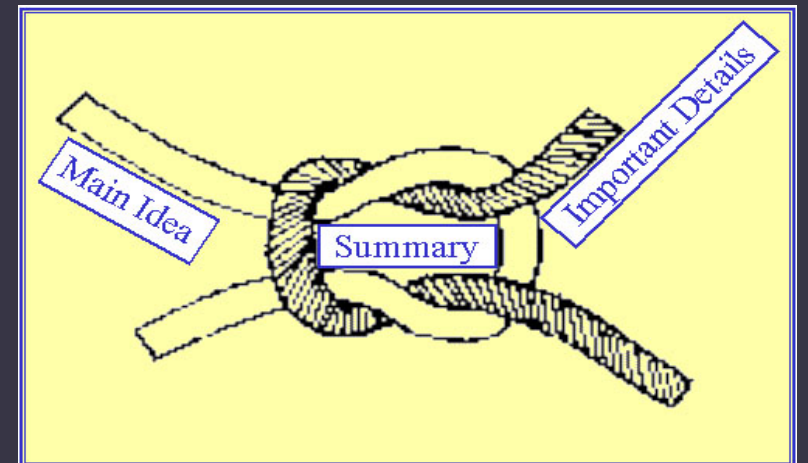
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**Bonus 15 min:**  
Collaborative Documentation  
**"Nothing about me without me."**

- Empower, Engage and Collaborate
  - We are joining even on our exits.
- Shift your session to this with a purpose
  - "I want to summarize what you and I found important in this session."
- Summarize your thoughts of what you did with the family and let them see you type it!
- Ask them to add information and observations
  - Remind them that they are teaching you about the family
  - A different perspective of the session/meeting
  - "What was important to you?"





# CHECK INS

Crisis Management: Rapport Building: Strength Building: Unbalancing the system: Modeling

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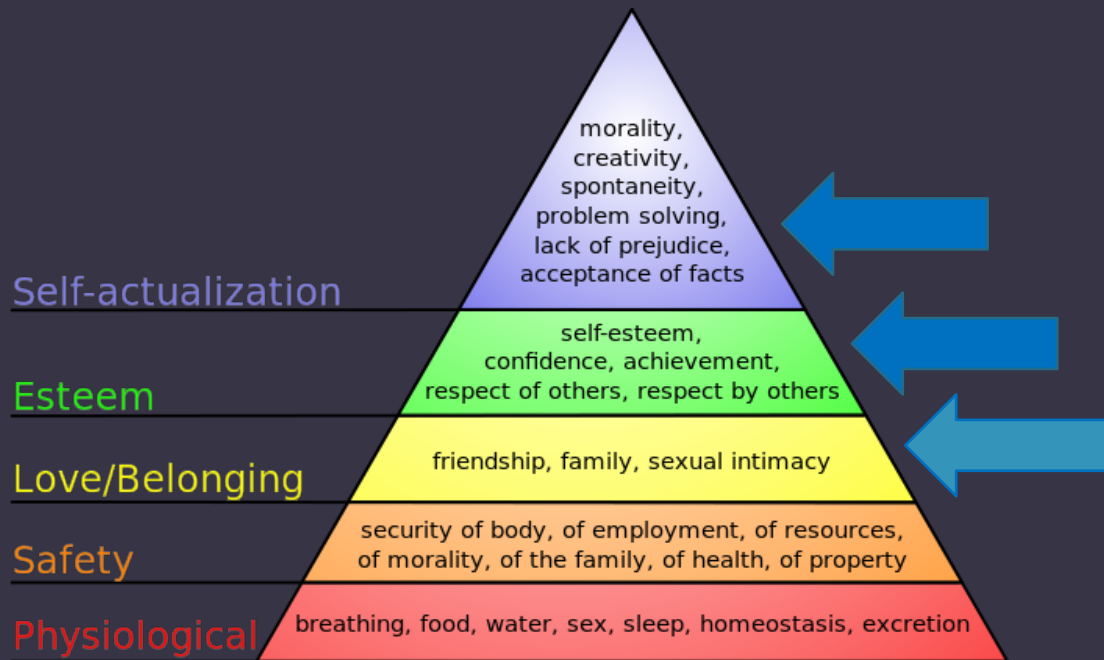
# Why Do a Check in?

- So you don't think they need a check in...
- Are they an introvert or extrovert? How are they doing with isolation?
- They told you something that could use a follow up.
- You heard something that could use a follow up.
- You are unbalancing a system that works in chaos, is reactive, or unreactive.
- You are managing the emotions in the home.
- You are modeling the parent's need to self assess.
- You are punctuating the positive, when nothing is wrong.
- You are gathering information on strengths.
- You are validating the Caregivers needs for support and self care.
- You are exhibiting empathy.
- You are Modeling being Proactive vs. Reactive

# What is the difference anyway?

Family Based Eco systemic Therapy  
Family Identifies needs/goals (Jones,2010)  
**Complex needs:** Love/belonging, esteem, self-actualization

Service coordination  
**Directed Needs assessment**  
Meeting basic Needs/Safety and security



(Maslow, 1943)



# SERVICE COORDINATION

The goal: To Work yourself out of a job.

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# The Art of Service Coordination

- **When basic needs are threatened, complex thinking does not occur!**
- **Service coordination is advocating, educating, and linking families to services, agencies, and methods to meet those needs.**
- You ask about every aspect of life. Home, work, school, food, clothing, shelter, relationships, social, supports, environment, medical, current events.
- Who, What, When, Where and How are you meeting each need?
- You ask HOW they are meeting the demands at: Home, work, school, food, clothing, shelter, relationships, social, supports, environment, medical, current events.
- You ask, "How can I support you?"
- You identify resources by making calls, lots and lots of calls to identify ways you can support them.
- You offer support to help them find the solution.
- You enable them to problem solve with you so they can do it on their own the next time.
- You often repeat the same intervention WITH each family so that they learn to do it on their own.

# Service Coordination is the art of asking about all aspects of life (Jones,2010)

- Five Domains
  - Child Strengths
  - **Functioning**
    - Development of everyone
    - Medical/physical (all)
    - Family connections
    - Daily Self care
    - Daily living skills
    - Social Behavior habits
  - Challenges (Caregiver and children)
  - Care intensity and organization
    - Cultural appropriateness
  - **Caregiver strengths and needs.**
    - Spirituality
    - Employment
    - Housing
    - Financial resources
    - Social resources
    - Substance use
    - Organization of live/home/work/family/children
- Natural Curiosity about all aspects of their life.
- Asking questions that make the caregiver think more intensely about a topic
- Asking questions that open up new ideas and identify needs.
- Asking questions to learn about the many aspects of their life.
- You should know:
  - What people do for a living, where and when
  - How they manage to organize their home; how do they get breakfast on the table?
  - How they manage routines
  - Relationships with friends, family outside of the home.
  - Where they get resources, how they get them
  - What do they consider resources
  - Communication styles, all of them, with adults and their kids.
  - How they view success
  - How they view change
  - What they identify as needs.
- **IN PITTSBURGH TERMS: YOU MUST BE "NEBBIE"**

"Vulnerability is not weakness. And that myth is profoundly dangerous. Vulnerability is the birthplace of innovation, creativity and change."

- Brene Brown

To get information you need to be open

Use of self is important

Getting a family to disclose deeply personal and at times painful information, requires trust and often use of self.







# GOOD QUESTIONS

Goal: To be Naturally Curious

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# Good Questions:

- How does your child interact with other children?
- How is your child doing with virtual communications?
- Is your child in contact with both parents?
- How would you describe your child's interest in the world around him?
- Describe what your child does in play.
- How does your child react to playing alone/with others?
- Does your child have creative ways to solve problems?
- How is your child staying connected to their interests?
- How is your child adjusting to new routine?
- What is his/her bedtime routine?
- Will he/she keep trying a difficult skill?
- How would you describe his/her feelings about her own abilities?
- How is your child responding to sensory stimulation now?

# More Questions, to help them think and self assess.

- What is a way your child communicates their feelings to you?
- Do others seem to know what your child is trying to communicate/with their feelings/frustration?
- Do you have concerns about your child's current self care? Bathing/Sleep/eating/oral hygiene?
- Describe your routines.
- What does a typical week day look like?
- What kind of social media is your child using?
- How are you monitoring it?
- Do you have concerns about their health? Dental, physical , sleep, eating, soring issues?
- When did you last talk to your PCP?
- How would you describe your family is getting along right now?
- How do people respond when a family member needs help?
- How are you dealing with extended family needs and communication?

**DON'T BE AFRAID  
OF CHANGE,  
— BECAUSE IT IS —  
LEADING YOU TO A  
NEW BEGINNING.**

(JOYCE MEYERS)

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What an exciting time to be part of the helping community!

- Shift your thinking
- Practice self care
- Be innovative
  
- If it doesn't challenge you, it doesn't change you!

# Thank you!

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