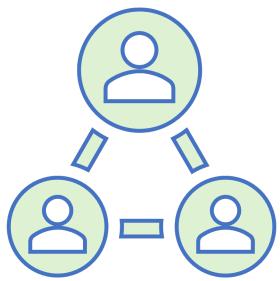
Counseling in the virtual world

HOW TO MAXIMIZE YOUR SKILLS WITH INDIVIDUALS AND WITHIN THE GROUP SETTING

Unlike individual counseling, healing does not occur just within the therapeutic relationship, but the group relationship.



Structuring Group

Technology

Agenda

Rules

Transitioning

Technology







DISCUSS A PLAN IF THEY GET DISCONNECTED



ESTABLISH VIRTUAL GUIDELINES

Agenda

Provide dates and times of each group session

Length of session

Topics to be discussed before beginning each group session



Group Name Schedule: Time 1:15 PM to 2:00PM

School Name

November	December	January	February
Session 1	Session 2	No School	Session 10
Wednesday November 20	Wednesday December 4	January 1	Wednesday February 5
No School Wednesday November 27	Session 3 Wednesday December 11	Session 6 Wednesday January 8	
	Session 4 Wednesday December 11	Session 7 Wednesday January 15	
	Session 5 Wednesday December 18	Session 8 Wednesday January 22	
	No School Wednesday December 25	Session 9 Wednesday January 29	

Rules



Review virtual guideline rules



Group participant rules

Be kind
Be respectful
No cameras or videoing

Transitioning

Implement relaxation, mindfulness, and self-regulation techniques before and after each group session

- Establishes group environment and culture
- Reduces anxieties
- Allows reflection and regulation time before their next class or activity
- Breathing exercises
 - Animal
 - Bubbles



- Breathe in for 5 seconds
- Breathe out like you are blowing bubbles
- Repeat this exercise 5 times



- Breathe in for 5 seconds
- Breathe out with your mouth closed while you hum like a bee
- Repeat this exercise 3 times

Adapted from VerySpecialTales

Confidentiality and Safety

Group confidentiality

- Can they find a quiet and private space?
- Limits to group confidentiality
- Limits to knowing who is in the room

Hand Signals

- X (no longer safe in the room) or safe word in chat
- Heart (support or agreement)
- Using the hand raise or clap feature

Where are they?

 With virtual services they may not be in the same state. Do you have the location of where they are if something happens?



Building peer support

Virtual Group Engagement



Increasing connection



Encouraging vulnerability

Virtual Engagement

https://docs.google.com/document/d/1kpnwTp9rsQB0UznblkynmmSLpWv4dduazJ3CdIAHnj0/edit?usp=sharing

Virtual Group Engagement

Establishing a supportive and safe space for vulnerability

- What brought you to this group?
- What are your fears or concerns about group?
- What do you hope to gain from group?
- What support do you need from the other participants?

Virtual Group Engagement

Building connection

- 2 Truths, 1 False
- Simon Says, "Stand up if you enjoy pizza."
- Kahoot
- Group check-ins











Virtual Group Engagement

Multimedia

- Kids enjoy the break from talking
- YouTube videos to demonstrate point
- GoNoodle for mindfulness activities
- Sesame Street in Communities
- Visuals

Virtual Group Engagement

Activities

- Practice skills outside of group
- Virtual games
- "I Spy"
- "Show & Tell"
- Worksheets & Sharing Screen
 - https://en.e-learningforkids.org/life-skills/lesson/personal-id/

Resources

Interactive Games. (2020). Retrieved from: https://mentalhealthdeltadivision.com/interactive-games/

Remote Delivery of Group-Based Trauma Interventions. (2020). Retrieved from: https://cbitsprogram.org/ static/cbits/uploads/files//revised_virtual_delivery_guidance_2. 0.pdf

Sesame Street in Communities. (2020). Retrieved from: https://sesamestreetincommunities.org/

Telemental Health Tip Sheets Virtual Group Therapy. (2020). Retrieved from: https://ctacny.org/sites/default/files/Telemental%20Health%20Tip%20Sheet-Virtual%20Therapy%20Groups 4.16.20.pdf