

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



REVIEW THE PLATFORM



DISCUSS A PLAN IF THEY
GET DISCONNECTED



ESTABLISH VIRTUAL
GUIDELINES



●

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

Agenda

Provide dates and times of each group session

Length of session

Topics to be discussed before beginning each group session

November	December	January	February
<p style="text-align: center;">Session 1 Wednesday November 20</p>	<p style="text-align: center;">Session 2 Wednesday December 4</p>	<p style="text-align: center;">No School January 1</p>	<p style="text-align: center;">Session 10 Wednesday February 5</p>
<p style="text-align: center;">No School Wednesday November 27</p>	<p style="text-align: center;">Session 3 Wednesday December 11</p>	<p style="text-align: center;">Session 6 Wednesday January 8</p>	
	<p style="text-align: center;">Session 4 Wednesday December 11</p>	<p style="text-align: center;">Session 7 Wednesday January 15</p>	
	<p style="text-align: center;">Session 5 Wednesday December 18</p>	<p style="text-align: center;">Session 8 Wednesday January 22</p>	
	<p style="text-align: center;">No School Wednesday December 25</p>	<p style="text-align: center;">Session 9 Wednesday January 29</p>	

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?

Virtual Group Engagement



Building peer support



Increasing connection



Encouraging vulnerability

Virtual Engagement

<https://docs.google.com/document/d/1kpnwTp9rsQB0UznbIkynmmSLpWv4dduazJ3CdIAHnj0/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