

Proactive Approaches for Supporting Session Challenges in a Virtual World

Participant Worksheet

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Learning Outcomes

After this workshop, attendees will be able to:

- Describe two adjustments to improve or prepare for challenges in school-based teletherapy sessions
- Identify three Tier 1 and 2 Behavioral strategies for working through challenging sessions
- List three proactive strategies for preparing students for teletherapy sessions in the school environment

Proactive Work-Set up

- | | |
|---|--|
| <ul style="list-style-type: none">• Technology• Language• Environment | <ul style="list-style-type: none">• Relationships• Collaboration• Meet and Greet |
|---|--|

Notes:

Test Your Knowledge

Ensuring a secure and confidential environment for teletherapy sessions is a recommended adjustment to prepare for challenges

Choose the Correct Answer:

True or False

Test Your Knowledge

Building a strong "Relationship" in teletherapy sessions involves which of the following

Choose the Correct Answer:

- Lack of predictability
- Infrequent interactions
- Consistency and Predictability
- Relying solely on extrinsic motivation

| Myth | Fact |
|--|---------------------------------------|
| Isn't effective | Tailored solutions |
| Doesn't reach students with attention or behavioral challenges | Accessibility |
| Tele-providers don't have school experience | Therapist Option Increases |
| Not supported by organizations | Recognized |
| Is a post-COVID fad | Long-standing presence |
| Teletherapy adds unhealth screen time | Student engagement and reduces stigma |
| Is too expensive | Affordability and Value |
| Only needed in Rural Areas | Convince and Flexibility |

Test Your Knowledge

Proactive work includes considering which of the following categories to prepare for teletherapy sessions?

Choose the Correct Answer:

- Ignoring technology advancements
- Disregarding the student-provider relationship
- Collaboration with School Stakeholders
- Limiting content to non-engaging material

Proactive Work for sessions

- Content
- SEL in sessions
- Virtual Trauma Informed

Test Your Knowledge

When considering "Content" for teletherapy, which factor is crucial for preparing for challenges and improving sessions?

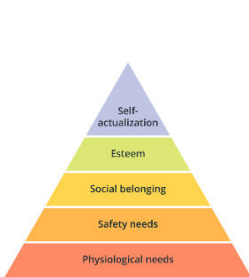
Choose the Correct Answer:

- Incompatible technology
- Lack of cultural sensitivity
- Engaging and Relevant material
- Ignoring data privacy and security

Notes:

Understanding Challenging Behavior

- Hierarchy of Needs
 - HALT
 - ACE scores
- Flight
 - Fight
 -



Evidence-Based Practices

PBIS emphasizes the use of strategies that have been proven effective through research.

- Visual routines
 - Social stories
 - positive to negative ratio
 - Momentum of success
 - Teaching/practicing SEL skills
- Visual timers
 - Relationships
 - Genuine interest
 - Buy in
 - Student strengths/voice

Test Your Knowledge

Which of the following is listed as a Tier 1 and 2 behavioral strategy for working through challenging sessions?

Choose the Correct Answer:

- Avoiding social stories
- Ignoring student voice
- Using visual timers
- Engaging in a 1:1 ratio

Test Your Knowledge

The "2x10 Conversation" is a recognized Tier 1 and 2 behavioral strategy to foster genuine interest and listening

Choose the Correct Answer: True or False

Navigating Challenges

- Reflect on your own
- Address Negative Perception
- Reestablish Working Relationships
- Use Team Collaboration and support

Test Your Knowledge

Which of these is a listed strategy for Tier 1 and Tier 2 interventions?

Choose the Correct Answer:

- Disregarding student strengths
- Ignoring visual routines
- Momentum of success
- Avoiding genuine interest

De-escalation and Crisis Management

- Prevention phase: Implement proactive strategies
- Escalation phase: Use calming techniques and offer choices
- Crisis phase: Ensure safety and minimize verbal input
- Recovery/Restoration phase: Allow time to calm and debrief
- Staff's own self-regulation will impact the crisis cycle

Crisis Considerations

- District Policy
 - Access to Emergency Contacts
 - and 911 Review
 - Opening session check-in
- Reassure, Supervise, Handoff
 - Contact and Document
 - Debrief and Follow-up
 - Adhere to the same ethical guidelines as when

Notes:

Test Your Knowledge

As a proactive crisis consideration for teletherapy sessions, what information should be collected regarding the student?

Choose the Correct Answer:

- Their favorite color
- Their class schedule only
- Their emergency contact information and exact home address
- Their preferred teletherapy platform

Test Your Knowledge

It is not necessary to identify a direct building contact and their direct contact information as part of the building-level crisis team members for proactive crisis considerations.

Choose the Correct Answer: True or False

Test Your Knowledge

Ensuring a secure and confidential environment for teletherapy sessions is a recommended adjustment to prepare for challenges.

Choose the Correct Answer: True or False

Attachments:

- [988 v 911 Social Story](#)
- [988 v 911 Infographic](#)
- Wegner, C.-[AbleNet, Inc.](#)
- Kurtz, K.-[Katie Kurtz](#)
- Archambault, R- [PTSD SLP](#)
- APA inclusive language guidelines. [Inclusive Language Guide](#)
- [Neurodivergent Glossary - Big Book of Terms - Weirdly Successful](#)
- National Center on Disability and Journalism (NCDJ)- [Disability Language Style Guide](#)
- Australian Childhood Foundation-[Words Matter Graphic](#)

Resources

- American School Counselor Association (ASCA). (n.d.). Suicide prevention and response resources. [Suicide Prevention and Response – American School Counselor Association \(ASCA\)](#)
- American School Counselor Association (ASCA). (n.d.). Crisis & trauma resources. <https://www.schoolcounselor.org/Publications-Research/Publications/Free-ASCA-Resources/Crisis-Trauma-Resources>
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