SF Bay Play Therapy

Parent-Child Tele Play Therapy

The premise of play therapy is to meet children where they are and to speak their language. Technology is the modern facilitator of that language. Meeting a child in a digital world is comfortable and familiar to them and aids in strengthening rapport and gaining greater insight into their world. Ultimately, while the work is slightly modified virtually, the therapeutic effects of having a space to process all that is presently occurring for them is invaluable. When used as an adjunct to in-person therapy when meeting in person is not possible, it allows children to maintain a sense of normalcy during uncertainty which aids in resilience and improved mental health overall.

In order to successfully do therapy with a child virtually it will be important for you to set up a space where your child has access to a computer screen or iPad. Please be available at the start of the time to set up the technology and be available in case we need to do a conjoint session or there are problems with the connectivity/technology or if your child needs physical containment or reassurance.

Just like with in-person therapy, you may be asked to join the session, so please plan your time accordingly to be available for interacting with the therapist or your child as needed. You may also be needed for help with the technology at any point through the session.

Although it may be challenging with a household full of people, it's important to find a space that is free from distractions and private for the privacy of you and your child to work through what is needed for tele therapy to be effective.

How to join a tele therapy session: We will be using the HIPPA-Compliant Simple Practice Telehealth platform. You receive an email reminder with the link to join. If you cannot find your link at the start of the session email or text your clinician to send a reminder.

If you will be joining by phone or tablet you will need to download the Telehealthy by Simple Practice App.

Create your child's tele play therapy kit:

Whether these items are kept special for tele play therapy time or allowed use, be sure your child is set up with the following 3 categories of item ready in the room before we meet.

Aggressive-release toys – allows for the release of emotions that are typically not allowed in other settings. Ex: toy soldiers, toy guns (that purposefully do not look realistic), toy handcuffs, toy swords, popsicle sticks and egg cartons that can be destroyed, bobo doll or bop bags.

Toys representing real life – doll families, doll houses, puppets, cars, boats, airplanes, cash register, play money etc.

Toys for creative expression – paints, butcher paper, crayons, sand, water, instruments, blocks, legos, Magnatiles, etc. If you are worried about a mess it is a good idea to spread a plastic picnic blanket out.

Favorite games- Uno, cards, connect 4, board games (even though the therapist is on video, we can play turn-taking games!)

Put simply, take 15 minutes before the session to set your child up in a private space with at minimum these available:

- Paper, colored pencils, scissors
- Favorite stuffed animals and figurines
- A board game or card game

*avoid mechanical toys or complex toys and toys that require your assistance to manipulate.

I will also have access to all of my amazing children's books and I may email you worksheets that I can do with your child which you will need to print out ahead of time.

If you have any questions please contact your clinician directly.

Sincerely,
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