Telehealth with Traumatized Children and Adolescents

Jennifer Wilgocki, MS, LCSW
June 3, 2020
10:00 – 11:30 am PST

About California Institute for Behavioral Health Solutions (CIBHS) and Our Presenter

Jennifer Wilgocki, MS, LCSW
Psychotherapist, Midwest Center for Psychotherapy and Sex Therapy

Telehealth with Traumatized Children & Adolescents

Jennifer Wilgocki, MS LCSW
Madison, WI
Research Supporting Telemental Health

- Effective across populations and disorders (Hilty; Gloff)
- Effective for adults and children (Hilty; Gloff; Stewart)
- Effective across racial/ethnic groups (Gloff; Stewart)


- Effective in U.S and globally (Acharibasam)
- As effective as in-person treatment (Barshur)
- High client satisfaction (Barshur; Whealin)


Bottom Line: Telemental health is an effective therapeutic modality

The Impact on a Traumatized Population

If everything is trauma nothing is trauma

• While we may be overwhelmed or worried or even traumatized, our clients may or may not be

• We have entered the second wave
  • Disproportionate impact of COVID on people of color and the underinsured
  • The overlay of police brutality and racism
  • Anticipation of increase in symptoms and exposures in the coming months

The Impact on a Traumatized Population

It is the child's experience of the event, not the event itself that's traumatizing

• What do you think about being at home?
• How are your parents/the grown ups acting?
• How much have you watched on TV about Covid-19 and how much are your friends talking about it?
• Who are you most worried about?
• How are you sleeping? Any bad dreams?

The Impact on a Traumatized Population

Trauma is chaos; structure is healing

• Sessions need to have beginning, middle, end
• Sessions need to be private
• Sessions need to be work not just visiting
• Sessions need to be engaging (use the tech!)
• Sessions need to be adherent to whatever structure you already set up – e.g. agenda, game at end, looking in folder, reviewing narrative
The Impact on a Traumatized Population

The behavioral and emotional adaptations that maltreated children make in order to survive are brilliant, but personally costly
• Assess for impact of Covid-19 on child’s emotional and social health
• Assess for caregiver’s affective state
• Assess for meaning they are making
• Are there new behaviors cropping up?
• What past traumas might be triggered by Covid-19?

Ways to Engage

Platform is Everything!
Scavenger Hunt
Show and Tell
Sesame Street in Community
Books
Music videos/lyrics
Conjoint sessions with caregiver

Final Thoughts…

Telehealth is viable
Telehealth isn’t going anywhere, even when COVID-19 is over
Telehealth has great potential for underserved populations
Telehealth can be tiring
Telehealth can be life saving
Questions

Contact information for Our Presenter

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Information

1. What to expect after the webinar

2. The next webinar in our series:
   Wednesday, June 10, 2020, 10:00 am – 11:30 am
   Effective Suicide and Crisis Intervention Using Telehealth
   Kristin Dempsey, EdD, LMFT, LPC
   Associate Professor and Full Time Counseling Psychology Program Faculty,
   The Wright Institute