

Scene 1: Introduction

Hello everyone! Welcome to Morneau Shepell's Children's Support Solutions. Our therapy and learning services are customized to meet the needs of children *and* families

We're here to help kids reach their potential and we know that's your top priority too. We also know how busy parents and caregivers are today and that professional help for your child or teen may not be readily available in your community, so attending appointments at a clinic isn't always possible.

Finding support for your child or teen is important and we believe that no matter where you live, your family should have access to the services you need, when you need them.

That's why our family-centred approach includes online services. Online therapy – sometimes called – teletherapy or telepractice – has been used by professionals for over two decades and is effective for a wide range of challenges.

Let's take a look at how online therapy works.

Scene 2: Special Education (10-year-old BOY)

Nicole is a special education teacher working with Antonio, a 10-year-old who's having trouble with reading comprehension. Antonio's mom received the materials for the session ahead of time. Antonio likes online learning because he feels special when he gets to sit in his mom's home office!

NICOLE: Okay, tell me about the Amazon...

ANTONIO (slowly, methodically reading): The Amazon rainforest lies in South America.

NICOLE: What does that mean? Lies in South America?

ANTONIO: It means that's where it is.

NICOLE: Yes! What's next?

ANTONIO: Every year, ssss (pause, looks at Nicole)

NICOLE: Let's pronounce it, let's sound it out...

ANTONIO (pausing, then when she gets the word, looks happy!): ssss.. sssi...sssient...scientists discover new species of insects and plants here.

NICOLE (nodding encouraging): What type of animals do you think live in the rainforest?

ANTONIO: Spiders! Also monkeys probably live there. In the trees.

NICOLE (encouraging): Well, let's find out...keep reading!

Nicole asks a lot of questions about the story to see what Antonio understands. Even though it's a fun story, it's hard work for Antonio so Nicole rewards him with specific feedback on his efforts. At the end of the session, Nicole helps Antonio and Antonio's mom understand what's coming next...

ANTONIO: Okay, bye Nicole, see you!

NICOLE (waves): Thank you!

Scene 3: Special Education (numeracy: 8-year-old boy,

Charlie is Antonio's little brother and he's having a bit of trouble with addition because he hasn't yet grasped the concept of carrying numbers. Colin thinks his numeracy sessions are fun because he gets to use building blocks to learn math concepts.

NICOLE: So, let's add. What's 15 and 15?

CHARLIE: [we see Charlie writing the answer under the equation – he puts 210 – and he knows something isn't right.]

CHARLIE: That's...not right...

NICOLE: Use your blocks. How can we make the blocks and the number on paper match?

Charlie uses his blocks to help him come up with the right answer. He knows about 'carrying the one' but right now it doesn't come automatically so using the blocks helps make that connection for him.

CHARLIE: It's 30! Hurray, I did it!

NICOLE: You're getting it! You're counting higher and higher!

Scene 4: Psychology

Sam is a clinical psychologist working with Taylor, a 12-year-old experiencing anxiety, especially when it comes to tests. Throughout these sessions, they're using cognitive behavioural therapy to reduce Taylor's anxiety symptoms and equip her with coping skills to manage anxiety in the future.

SAM: Hi Taylor!

Taylor likes talking to Sam because she helps set the agenda for each session.

TAYLOR: I'm really worried about this big test coming up.

SAM: Okay. What kind of thoughts are you having about this test?

TAYLOR: Well, I know I'm going to fail it. I haven't studied enough and everyone is smarter than me.

SAM: So, you think you'll fail. Can you tell me more about that?

TAYLOR: Sam! I bombed my last test...*I know.*

SAM: Okay, you failed the last test, that's why you're worried. Let's look at other situations. Have you failed all tests?

Sam and Taylor talk through the evidence for and against her statement about failing the next test. Through this conversation, Taylor sees the evidence doesn't support her statement. Taylor comes up with a summary statement to help her the next time she gets into unhelpful thinking patterns.

SAM: What did you write down on that coping card?

TAYLOR: There's lots of reasons that I can do well on this test. Remember the reasons!?

SAM: That's true! So when you feel anxious, you can use this coping card – We've seen that this new way of thinking helped you today so it's likely to help in the future.

TAYLOR: I'll try it.

Taylor leaves the session with a new tool and feels engaged in the process because she's involved in finding solutions that work for her.

Scene 5: Speech Language Pathology (8-year-old girl)

Sometimes Tessa just can't find her words. Lauren and Tessa are doing a vocabulary exercise that strengthens word associations. Vocabulary level is the #1 predictor of later reading success so finding her words can make a big difference for Tessa at school.

LAUREN: So today we're gonna talk about an appliance and you're going to describe one to me Do you remember what that is? Appliance?

TESSA: It's something you plug in the kitchen.

LAUREN: You got it! Okay start giving me some clues.

TESSA: Okay...[PAUSE – thinking about what appliance]

TESSA: It has buttons...

LAUREN: Mm-hmm!

TESSA: It's something you use to heat things up.

LAUREN: Hmm...I think I need a couple more clues.

TESSA: It's used to make popcorn...

LAUREN: I think I got it! Is it a...microwave?

TESSA: Yes! [smiling lots!]

LAUREN: Do you know what clue let me know that it's a microwave?

TESSA: [shrugs shoulders in an adorable kid way]

LAUREN: That it goes with popcorn!

Lauren and Tessa have goals they're working towards. Lauren records details about each session to track success and design further sessions. She loves hearing what parents say about every day successes. Small milestones like, 'Tessa answered a question in class for the first time!' means Tessa is experiencing greater success in daily interactions at home and at school. Online therapy is an effective to help your child, all from the convenience of home.

Scene 6: Closing

Early intervention spells success at home, at school and in the community. We know the difference these services make to children and families - that's why we believe location shouldn't be a barrier to accessing help. When your child needs to see a clinical psychologist, speech language pathologist or special education teacher but attending appointments at our clinic is not possible or ideal, online therapy and learning services are available.

Thanks for joining us today. To learn more, get in touch with us by phone or visit our website. We're here to help your child or teen reach their potential.