



Telehealth with
Traumatized
Children and
Adolescents

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

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

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



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Telehealth with Traumatized Children & Adolescents

Jennifer Wilgocki, MS LCSW
Madison, WI



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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)

Hilty, D.M. et al (2013). The effectiveness of telemental health: A 2013 Review. *Telemedicine & e-Health*, 444-454

Gloff, N. et al (2015). Telemental health for children and adolescents, *International Review of Psychiatry*, 27, 513-524

Stewart, R.W. et al (2017). Addressing barriers to care among Hispanic youth: Telehealth delivery of TF-CBT. *The Behavior Therapist*, 40, 112-118



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Research Supporting Telemental Health

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

Acharibasam, J. et al (2018). Telemental health in low-and middle-income countries. *International Journal of Telemedicine and Applications*, 1-10

Barshur, R. et al (2016). The empirical evidence for telemedicine interventions in mental disorders. *Telemedicine and e-Health*, 22, 1-27

Whealin, J. et al (2017). Diverse veterans' pre- and post-intervention perceptions of home telemental health for PTSD delivered via tablet. *International Journal of Psychiatry in Medicine*, 52, 3-20



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Research Supporting Telemental Health

- Standard of care is same as in-person treatment (APA)

American Psychological Association (2013). Guidelines for the practice of telepsychology. *American Psychologist*, 68, 791-800

Bottom Line: Telemental health is an effective therapeutic modality



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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



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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?



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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



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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?



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Ways to Engage

Platform is Everything!

- Scavenger Hunt
- Show and Tell
- Sesame Street in Community
- Books
- Music videos/lyrics
- Conjoint sessions with caregiver



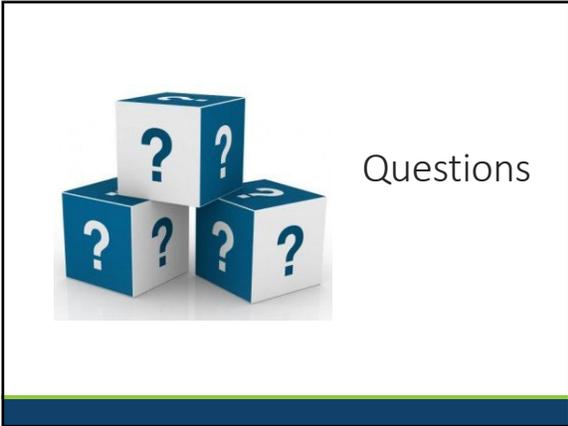
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Final Thoughts...

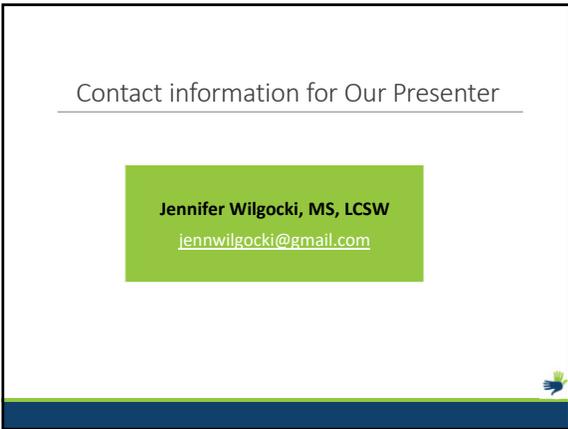
- Telehealth is viable
- Telehealth isn't going anywhere, even when COVID-19 is over
- Telehealth has great potential for underserved populations
- Telehealth can be tiring
- Telehealth can be life saving



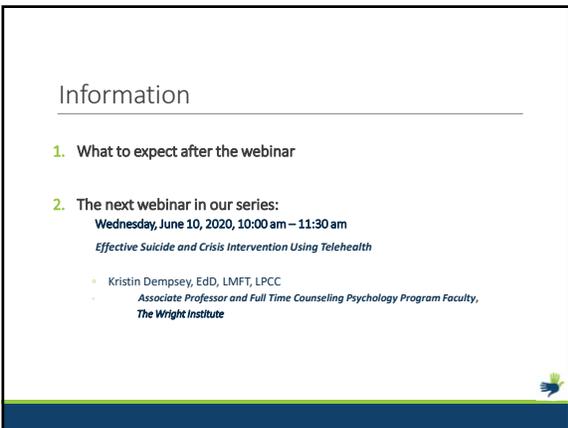
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