Using Telehealth for Selective Mutism

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What are some of the platforms you’re using and why?

• Pros and Cons of using telehealth
• Share functions
• Relaxed standards for telehealth and HIPAA
• Consent for telehealth services
• Waivers of jurisdiction
• Set up
• Insurance
What are some ways to help clinicians keep working with their clients through telehealth?

- Exposures
- Peers/teachers/family
- Presentations in front of others
- Fade ins
- Group treatment/joint sessions
- Teens vs children
- Good general coping skills
- Assessment
What are some typical barriers or trouble spots and how do you address those?

- Technology
- Child staying in room
- Engagement
- Volume
- Parent anxiety/psychopathology
- Age
How can you help managing expectations of parents during this time?

• Automatic translation of gains via technology
• Outlining plans
• Setting up for success
• Stabilization vs progress
• Lapse vs regression
How important is it for clinicians to be managing their own self care?

• Work - Life Balance
• Planning ahead
• Additional trainings
• Using resources (see links attached)
• Finding your village
SELECTIVE MUTISM Training Institute

May 2nd & 3rd, 2020

**Due to the concerning and rapidly changing situation with COVID-19 (Coronavirus), the training institute will now be held entirely online. More information to come regarding specific webinar sign-on for those who register.**

PRESENTERS:
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- 2-day training designed to increase professional competence in providing evidence-based services
- Learn innovative techniques to effectively assess and treat children with SM
- High instructor to participant ratio to ensure adequate time for skills practice and coaching
- Small group video case consultation calls with the instructors is included in the fee
- Taught by leading experts, researchers, and authors in the field of SM

WHO SHOULD ATTEND:
Professionals who are independently licensed or certified, or in a supervised graduate program in the fields of clinical psychology, school psychology, counseling, social work, applied behavior analysis, or speech-language pathology

Go to www.selectivemutism.org to register today!
Thank you!
Stay well and safe!

If you have questions, feel free to contact us at info@selectivemutism.org!

Visit selectivemutism.org for more information!
Resources

- Site to begin looking at reciprocity state by state
  - https://www.psychologydegree411.com/

- NJ temporary licensure process - 1 day turnaround, 1 page form
  - https://www.njconsumeraffairs.gov/News/Pages/03202020.aspx?fbclid=IwAR2vS8s87YRNbqm2fYSMdtd6e4AnmP1gJO7G9Rlec27hBbmZwNRme-SzE3c

- CT allowing immediate reciprocity for 60 days without paperwork
  - https://ctresponds.ct.gov
Resources

• APA has quickly developed new resources that psychologists can use for telehealth.

• https://www.apa.org/practice/programs/dmhi/research-information/pandemics
  • Scroll down to Practitioners and Healthcare Professionals section for free resources (e.g., consents, webinars, etc.)
Resources

• Link to Kurtz webinar on starting Internet PCIT in times of COVID-19
  https://www.youtube.com/watch?v=jkpfXabGsaU&t=1642s

• Link to my short video modeling first telehealth testing session with a parent
  https://www.youtube.com/watch?v=MP1aoZqCVqU&t=3s

• Auburn free I-PCIT course with tons of documents to support telehealth
  https://opce.catalog.auburn.edu/courses/pcit-internet-based-pcit

• Link to Jami Furr video on I-PCIT from 2018
  https://www.youtube.com/watch?v=jgD647jLXJQ&t=12s