



Tele-Intervention for Early Intervention: Session Guidance

At the beginning:

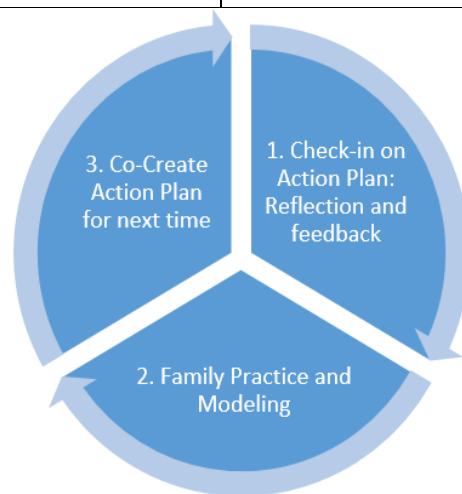
Remind families that although virtual visits are necessary right now, there are real advantages to working in this way. Research shows that hands-on practice with provider feedback is the best way to learn!

Having said that, this is a learning experience for everyone. Let the family know that you'll be learning together.



Take care of any technical questions/challenges and then use the coaching plan below:

30 minute session:	60 minute session:
5-10 minutes: Check-in on Action Plan	10-15 minutes: Check-in on Action Plan
15-20 minutes: Family Practice/Modeling	30-40 minutes: Family practice/modeling
5-10 minutes: Co-Create Action Plan	10-15 minutes: Co-Create Action Plan



1. Check-in on Action Plan:

Check-ins are even more important now! Don't be afraid to spend some time here; ask lots of questions about what the family was able to do since the last session. What worked? What got in the way? Wondering what an Action Plan is? Formerly known as "homework", Action Plans are the specific things you and the family agreed to work on at the end of the previous session. Use the information from your check-in conversation to decide what to focus on during the current session!

Sample check-in questions:

- Tell me how it's going...
- Tell me more
- What seems to be working well/not well?
- Can you show me?
- What happens when...?
- How did Jose respond when?
- What time of day worked best?
- What got in the way?



2. Family Practice and Modeling

Family practice and modeling are what you'll use to introduce something new! What the family practices and/or watches you model will depend on the check-in conversation. If the family is still working on something you've already demonstrated, ask the family member to show you how it is going and provide feedback. If the family is ready to work on something new, either demonstrate with a model (some therapists are using a baby doll or stuffed animal), show a quick video (if you have the technology to share your screen), or verbally describe what to do while the family member follows along.

If you model a new practice, try doing the following:

- Give the family member something specific to observe while watching
- Reflect with the family member afterward about what they saw
- Invite the family member to try the same thing at home
- Reflect with the family member afterward about how it went, provide feedback
- Consider trying to balance **supportive feedback** (*acknowledging what the family is doing well and that you hear what they are saying*) with **informational feedback** (*sharing new information in response to something the family member says*)



3. Co-Creating an Action Plan for next time:

Ask the following questions:

- How was the session for you? What did you think went well/not well?
- Based on what we've practice today, what would you like to do between now and our next session?
- What else do you need from me to make that happen?

By the end: Narrow the discussion to 1-2 things, be specific and write them down!

Want more resources?

Webinars:

<https://www.youtube.com/watch?v=c1-v9roJcHM>

<https://www.assurethefuture.org/tele-intervention.html>

Interested in what your professional organization has to say about doing virtual visits?

<https://ectacenter.org/topics/disaster/tele-intervention.asp>

More Resources:

<https://ectacenter.org/topics/disaster/ti-service.asp>