

# Fun things we found that work

## Tele-Play Therapy

- 01** Art (Projective Drawings, Squiggle Game for Story Telling)
- 02** Card games: Client and therapist have own deck. Eg. Uno, Go Fish, Mad Dragon. You may send clients a new deck of cards to play with. Make the discard pile visible on your screen or hold it up
- 03** Board games (Consider a third computer screen featuring the board)
- 04** Online games (Uno or House Party)
- 05** Zoom tools: Use the “whiteboard” function in share screen for drawing including drawing together through annotation function
- 06** Question and answer games: Engage the youth by having them read the card themselves by holding it up to your camera (What If, Chat Pack, UnGame, Mindfulness Cards, Coping Cards)
- 07** Enter their world in video games they play through “share my screen”
- 08** Play with toys and figurines in therapist office and In client’s home
- 09** Parallel play with legos (in both realms, in client home and therapist “office”)

# Tele-Play Therapy Cont:

- 10** Psychoeducation: View educational videos together about hormones, blockers or identity stories via youtube to discuss Eg. <https://www.seattlechildrens.org/clinics/gender-clinic/>
- 11** Use their or your selection of virtual backgrounds to express feelings or to talk about favorite memories. Older kids can search in google or their own pictures to find images to express themselves
- 12** Client can share avatar creation, digital music or art they have created with therapist
- 13** Story-telling and puppet play
- 14** Read and discuss a book relevant to the client: Share screen while reading a kindle or google book. Eg. Outsmarting Worry, Guts, Smile, etc
- 15** Virtual home visit or tour: Learn about significant places, objects, toys, books, pets, people, music
- 16** For EMDR therapists: EMDR or Flash Sessions Online remotEMDR or bilateralstimulation.io Use "share screen" to set up Flash PEF through funny Youtube videos
- 17** Biofeedback (<https://unyte.com/>)
- 18** Utilize workbooks and using the questions in sessions (GenderQuest Workbook Testa et al, The Gender Identity Workbook for Kids Stork, Don't Let Your Emotions Run Your Life, Van Dijk)